

Lifting and Carrying Safely (Preventing Back Injuries)

Lesson Plan 5020g



HANDOUT # 1

PREVENT BACK INJURIES...



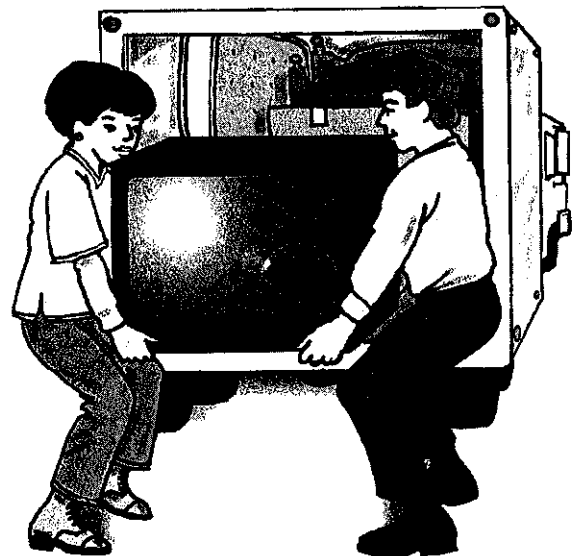
LEARN TO LIFT AND CARRY CORRECTLY

Use the Safe Lifting Position any time you need to lift a load:

- ▲ Squat by bending at the hips and knees. Keep your head, shoulders, and hips in a straight line. Feet should be shoulder-width apart and turned out.
- ▲ Don't bend your back—maintain its natural curves
- ▲ Let your legs do the lifting

Lifting, carrying, and unloading safely means:

- ▲ Stand close to the load
- ▲ Keep a wide stance, and make sure your footing is solid
- ▲ Tighten the stomach muscles
- ▲ Assume the Safe lifting position
- ▲ Pull the load close to the body
- ▲ Move slowly, with small steps
- ▲ Don't twist the body when carrying
- ▲ When unloading, lower the load slowly using your legs, not your back



Remember: Don't try to lift anything too heavy for you to handle. Get help or use mechanical aides.