

Safe lifting measures to protect your back

1. Place your feet shoulder width apart
2. Bend at the knees
3. Tighten your stomach muscles
4. Position the object close to your body before picking it up
5. Lift with the muscles of your legs
6. Point your toes in the direction you want to move and pivot in that direction
7. Avoid twisting
8. Don't try to lift an object that is too heavy or is an awkward shape. Get help!