

TIPS FOR SAFE LIFTING

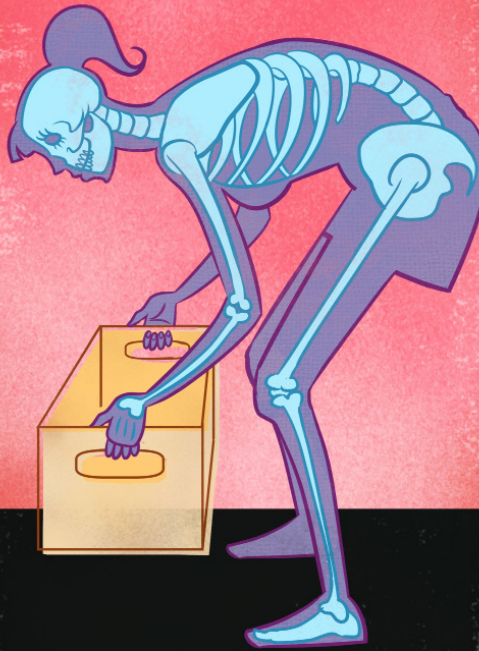
SQUAT LIFT



.....Keep your back straight

.....Bend with your knees and hips

STOOP LIFT



.....Bend with your back instead of your legs

.....Puts less strain on the heart

FREESTYLE LIFT



.....Do what is easiest and most comfortable

.....You can bend both your back and legs

.....Rest the load on your thighs if needed

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1. Don't trip! Plan your carry route before lifting.
2. Tighten your core muscles.
3. Grip with your whole hand.
4. Avoid twisting while lifting.

