



A Tip From The Health Promoters...

Injury prevention in the workplace is everyone's responsibility. Here are some techniques for safe lifting.

- ❖ Before lifting an object, think about the lift. Can you lift it alone? Is the load too big or too awkward? Don't be afraid to ask for help if you need it.
- ❖ Make sure that your footing is firm before you start and that your path is clear.
- ❖ When you lift, be sure to bend at your knees, hug the load close to your body and raise yourself up with the strong muscles in your thighs.
- ❖ Never twist when you are lifting; instead move one foot at a time in the direction you want to go and then turn with your leg muscles.
- ❖ Be sure to use the same safe techniques when setting down a load.

If you use these techniques, you will find lifting and carrying is easier and you can avoid pain and injury.

