

Avoid Lifting Injuries

Lifting is one of the most common causes of workplace injuries. Whether the item you're lifting is heavy or light, you can hurt yourself unless you follow a few simple rules:

- L**ift slowly and in a controlled manner.
- I**nspect your path of travel before the lift and remove any hazards.
- F**ocus on keeping the load close to the body. Keep fingers away from edges to avoid pinches.
- T**est the load prior to the lift. Get help for heavy loads or use equipment.

- S**tep out of the way if you're attempting to lift a heavy load and it begins to fall; never attempt to catch it.
- A**void twisting, bending or reaching during a lift.
- F**eet should be shoulder width apart or wider.
- E**liminate heavy lifting above shoulder height.
- L**et your legs do the lifting; don't use your back.
- Y**-O-U are the key. Always adhere to proper lifting guidelines.



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