

# THINK BEFORE YOU LIFT

## MANUAL MATERIAL HANDLING PUTS YOU AT RISK OF LOW BACK INJURY

### SAFE LIFTING GUIDELINES

- Prepare to lift by warming up the muscles.
- Stand close to the load.
- Face the way you intend to move.
- Use a wide stance to gain balance.
- Get a good grip on the load.
- Keep arms straight.
- Tighten abdominal muscles.
- Tuck chin into the chest.
- Keep the load close to the body.
- Lift smoothly without jerking.
- Avoid twisting & side bending while lifting.
- Do not lift if you are not sure that you can lift the load safely.