



Lifting

"Avoid twisting and turning motions when you lift. If you have to turn to place the object, step in the direction of the turn, don't just twist at the waist.

"Always bend at your knees, not your waist, when lifting anything heavier than 10 percent of your body weight (e.g., a child or heavy box).

"When lifting an object, plant your feet about 12-18 inches apart, kneel or squat in front of the object, and lift as you straighten up. Be sure to lift with the big muscles of your thighs, arms, and shoulders, not with your back.

"In some situations, it is difficult to lift correctly. Getting grocery bags out of the car is one such situation. The car bumper doesn't allow you to bend your knees. Bring the bag to you first and then lift carefully.

"When engaging in repetitive lifting, use good lifting

**form, take frequent breaks, and use equipment to help
whenever possible.**

**"To avoid tripping, be sure your path is clear before
you lift the item.**