



WORKPLACE SAFETY WORKS

Prevent Sprain and Strain injuries by using safe lifting techniques.

THINK BEFORE YOU LIFT

Plan ahead. Where is the load going to be placed? Will help be needed with the load? Remove obstacles in your path. Consider resting mid-way to change your grip.

KEEP THE LOAD CLOSE TO YOUR WAIST

Keep the load close to your waist for as long as possible while lifting. Remember to hug the load close to your body.

STABILIZE YOUR POSITION

Your feet should be shoulder width apart with one leg slightly forward to maintain balance.

DON'T BEND YOUR BACK WHILE LIFTING

A slight bending of the back, hips and knees at the start of the lift is preferable to either fully flexing the back (stooping) or fully squatting.

KEEP YOUR HEAD UP

Keep your head up when handling the load. Look ahead, not down at the load once it has been held securely.

MOVE SMOOTHLY

Don't jerk or snatch the load as this can make it harder to keep control and can increase the risk of injury.

KNOW YOUR LIMITS

Don't lift or handle more than you can easily manage.

LOWER THE LOAD DOWN, THEN ADJUST

Put the load down. To position the load precisely, slide it into the desired position.



**WORKPLACE
SAFETY WORKS**



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