

Back Safety

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| LIFTING DO'S & DON'TS | | | |
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| DO LIFT AS A TEAM  <p>Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.</p> | DO TURN WITH LEGS  <p>Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.</p> | DO USE YOUR LEGS  <p>Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.</p> | DO USE EQUIPMENT  <p>Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.</p> |
| DON'T LIFT BULKY LOADS ALONE  <p>Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.</p> | DON'T TWIST WHEN LIFTING  <p>Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.</p> | DON'T USE YOUR BACK  <p>Don't lift the load with your rear end high and your lead low. Use your leg muscles, not your weaker low back muscles.</p> | DON'T LIFT HEAVY LOADS  <p>Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.</p> |