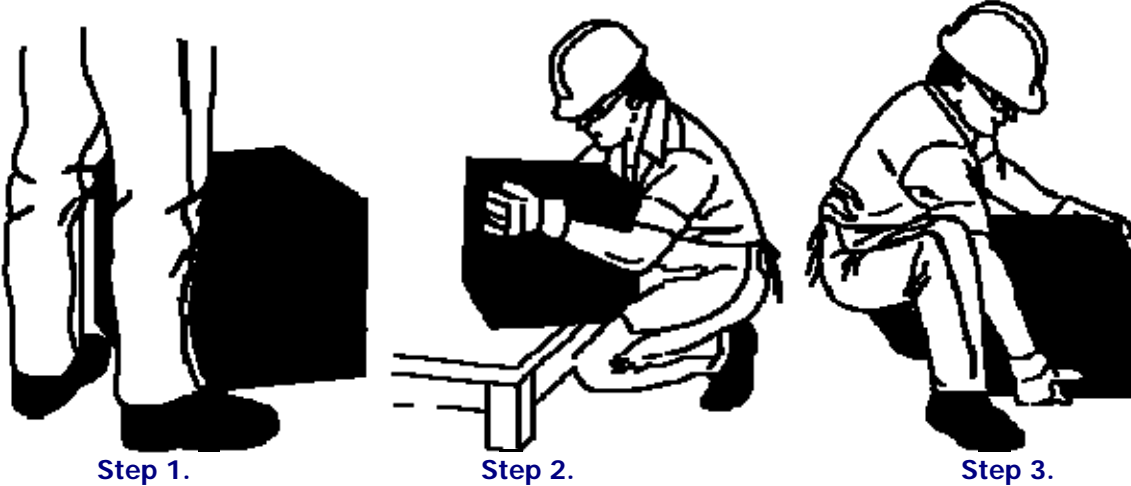


## SAFETY MEETING TOPIC: Standard Lifting Techniques to Avoid Back Injury Continued

### Basic Lifting Steps



Step 1 - Stand close to the load with your feet spread apart about shoulder width, with one foot slightly in front of the other for balance.

Step 2 - Squat down by bending at the knees (not your waist). Tuck your chin while keeping your back as vertical as possible.

Step 3 - Get a firm grasp of the object before beginning the lift.



Step 4 - Begin slowly lifting with your legs by straightening them. Never twist your body during this step.

Step 5 - Once the lift is complete, keep the object as close to the body as possible. As the load's center of gravity moves away from the body, there is a dramatic increase in stress to the lumbar region of the back.

Note: It is important to use the same technique when setting the object down as well.