

## STEP 5 – Loose grips causes strains

- Grip the load firmly, using your whole hand, not just your fingers
- Whenever possible, use your *whole arm* or shoulder to carry the load, this will save strain on your wrists

**Incorrect!**



**Correct!**



# SAFELIFT

## STEP 6 - Is the load close

- Keep the load close to your body
- The closer it is to your spine, the less force it exerts on your back
- Maintain the natural inward curve of your lower back. Stand up straight
- Keep your back upright
- Whether you are lifting or putting down a load, do not add the weight of your body to the load

**Incorrect!**



**Correct!**



**Load away from body**

# SAFELIFT

## STEP 7 - Flex your legs to lift

- Allow your more powerful leg muscles, not your back muscles, to do the work
- Avoid bending at the waist when lifting
- Lower the load slowly by flexing the knees and hips, after releasing the load straighten up using your legs.
- Back injuries can result from lowering the load incorrectly just as they can by lifting it incorrectly.

**Incorrect!**

Bent back



**Correct!**



Back straight

Knees bent

## STEP 8 – Turn your body, don't twist

- Don't twist your body while carrying a load
- Turn your *entire* body by pivoting or moving your feet

**INCORRECT!**



**Twisted waist**

**CORRECT!**



**Pivot at the feet**



**Questions**

**Questions  
and  
Learning Assessment**