

Healthy Tips

Ergonomics

**Proper lifting techniques: reduce injuries by lifting properly.**



**Before you begin:**

- Assess the weight of the object before lifting.
  - Know your lifting limit.
  - Examine the object for potential hazards.
  - Ask for help if needed, or divide the load to make it lighter.
  - Make sure the area around you is free of clutter.
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1. Stand close to the load with your feet shoulder width apart.
  2. Squat down keeping your back in neutral posture.
  3. Get a firm close grasp of the object before beginning the lift.
  4. Lift with your LEGS and in a NON-JERKY manner.
  5. Keep the object close to the body within your base of support. Finish the lift maintaining a good base of support and neutral spine