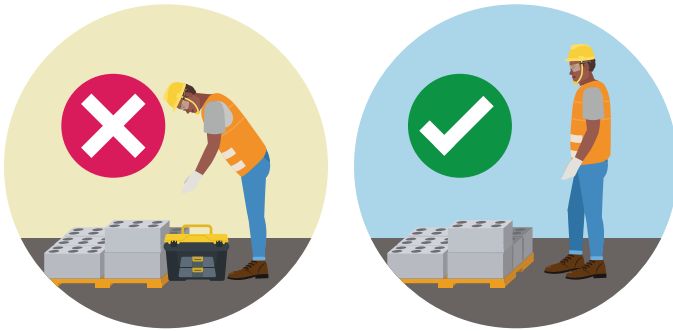


# Materials Handling: Use Safe Lifting and Moving Practices

Protect your back, knees, and other joints by using safe practices when lifting and moving materials.

## WHEN PREPARING AND LIFTING MATERIALS...



- ✓ Make sure you have clear access – remove obstacles between yourself and the materials.
- ✓ Keep your neck and back aligned and straight.



- ✓ Bend your knees and move slowly and smoothly.
- ✓ Position your feet shoulder-width apart and slightly staggered.

## WHEN CARRYING MATERIALS...



- ✓ Make sure you have a clear path.
- ✓ Stand straight and bring the load close to your body. DO NOT hunch over.
- ✓ Stay focused. DO NOT let your mind drift.



- ✓ Lead with your foot when turning instead of twisting with your body.
- ✓ Move smoothly, steadily, and not too fast.

## REMEMBER:

- ✓ DO NOT jerk your body to lift materials.
- ✓ Use lifting equipment or ask a coworker for help when materials are oversized or weigh 50 pounds or more.

