

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.

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CPWR's Toolbox Talk on Lifting & Carrying Materials: <u>https://bit.ly/lifting_tbt</u>



