

Plan Your Route: Path clear? Trip hazards removed



Size up the load:

Can it be split into multiple loads?

Smaller loads cause less strain on the back.

Can you slide it rather than lift?

Use material handling equipment if load is too heavy:

Forklifts

Hoists

Dollies

Avoid using lower rack for moderately heavy to heavy items or awkward items.

Get help when lifting heavy, awkward, or long items.



Size up the load before you lift.

Can you lift a corner?

Can you get to the item?

**Do you need to move something
to gain better access?**

Bend your knees.

Get a good hand hold.

Center yourself over the load.

**Lift straight up - let
your legs do the work.**

Don't twist or turn.



Have a clear path.



Ensure a clear path.

Ensure a place where load can be set down.

Check for stability of load.

Can you get a good grip?

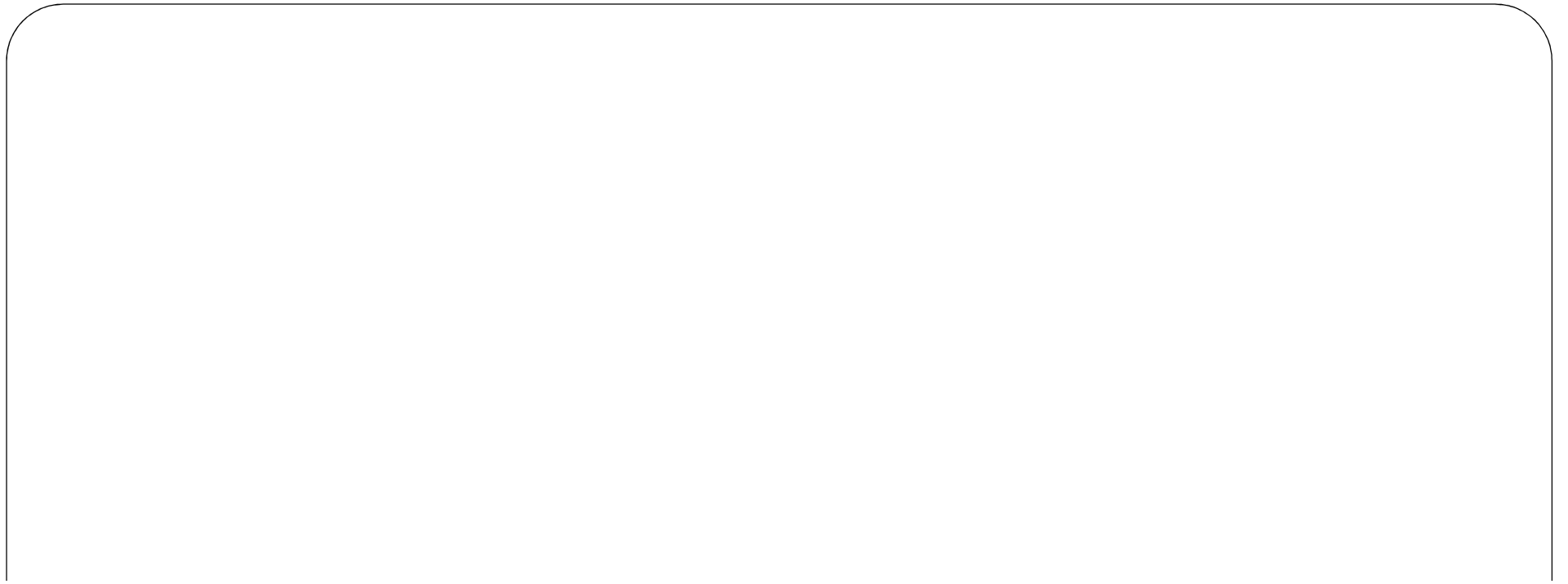
Use mechanical equipment if load is too heavy.

Get help if load is too heavy - lift at the same time to keep load balanced.

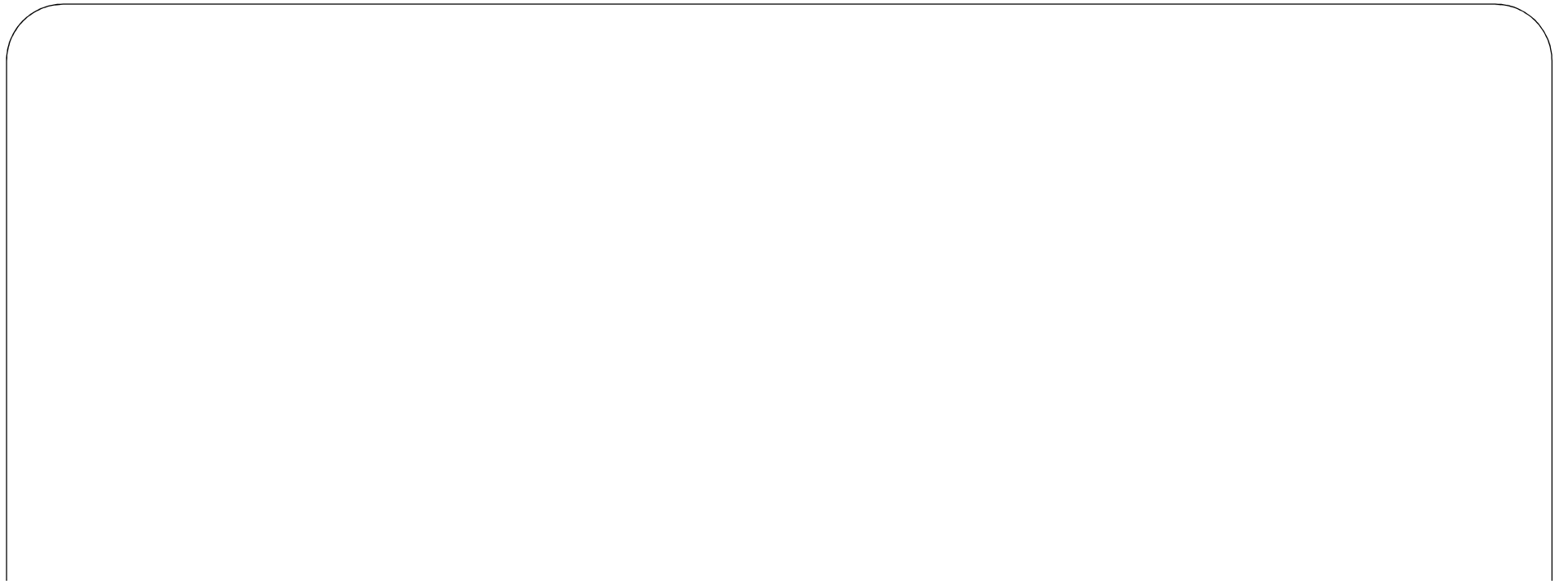




Lifts that are:







Reduce package size

Use mechanical assistance to raise the load

Additional



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