

# SAFE LIFTING TIPS

## Bend your knees

Bend your knees, and not your waist. This helps keep your center of balance and lets your leg muscles do the lifting.



## “Hug the load”

Try to hold the object you're lifting as close to your body as possible as you gradually straighten into a standing position.



## Avoid twisting

Twisting can overload your spine and lead to serious injury. Make sure your feet, knees, and torso are pointed in the same direction when you are lifting.



**CALL FOR HELP WITH HEAVY LIFTS**