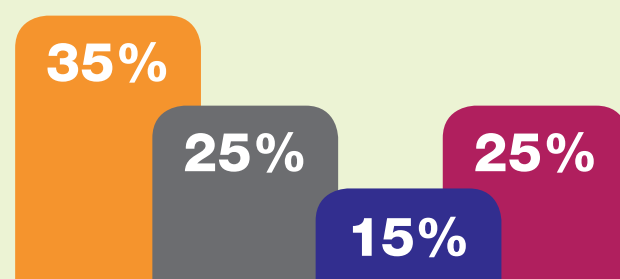


It Never Hurts to **LIFT RIGHT**

Lifting loads the right way can save a lifetime of hurt. Keep these 8 safe lifting tips in mind the next time you need to pick up something heavy:

- 1 Make sure you have a good grip before lifting
- 2 Keep the item close to your body
- 3 Ensure your feet are close to the load
- 4 Stand in a stable position
- 5 Have handling aids around in case they're needed
- 6 Don't twist your back or bend in a sideways direction
- 7 Lift with your legs – not your back
- 8 Avoid lifting or lowering from an awkward position

Overexertion, which includes lifting and lowering, accounts for 35% of **WORKPLACE INJURIES**.



35% OVEREXERTION

25% CONTACT WITH objects and equipment

25% SLIPS, TRIPS and FALLS

15% ALL OTHERS

SOURCE: <http://www.nsc.org/JSEWorkplaceDocuments/Infographic-Injuries-bythe-Numbers.pdf>

For more information on this and other safety topics, please log on to the member-exclusive website at **nsc.org**

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