



**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.**

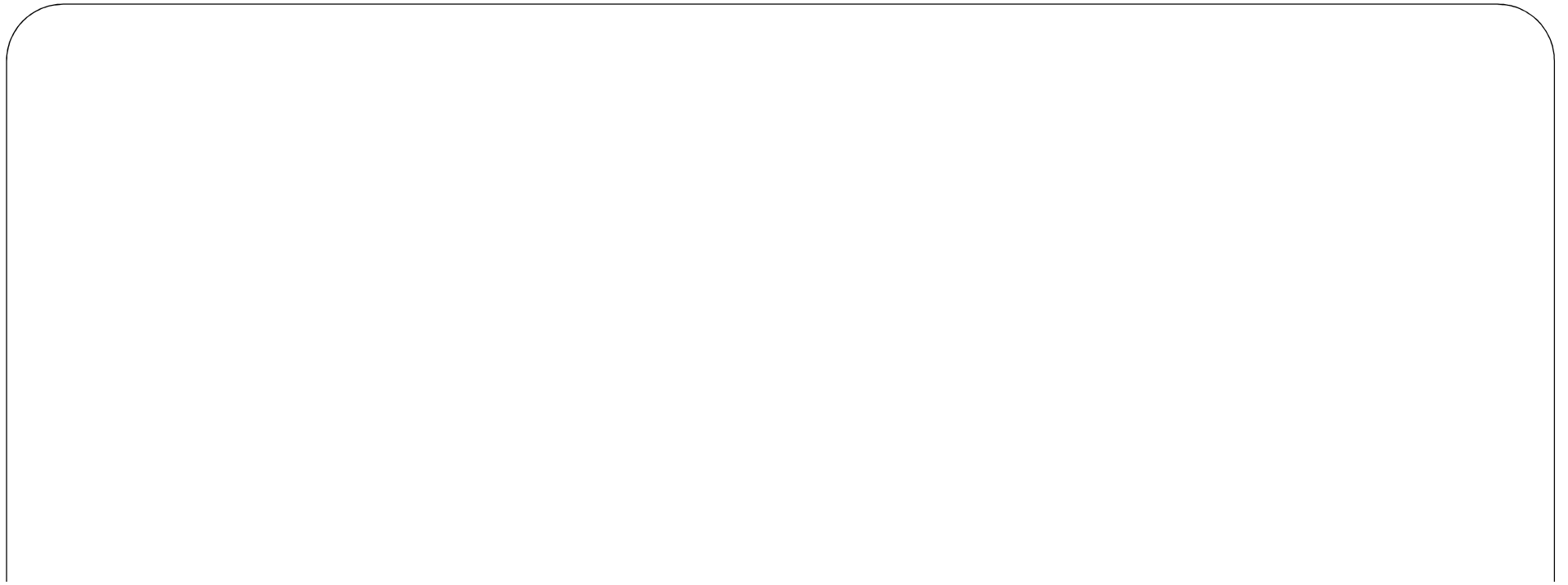


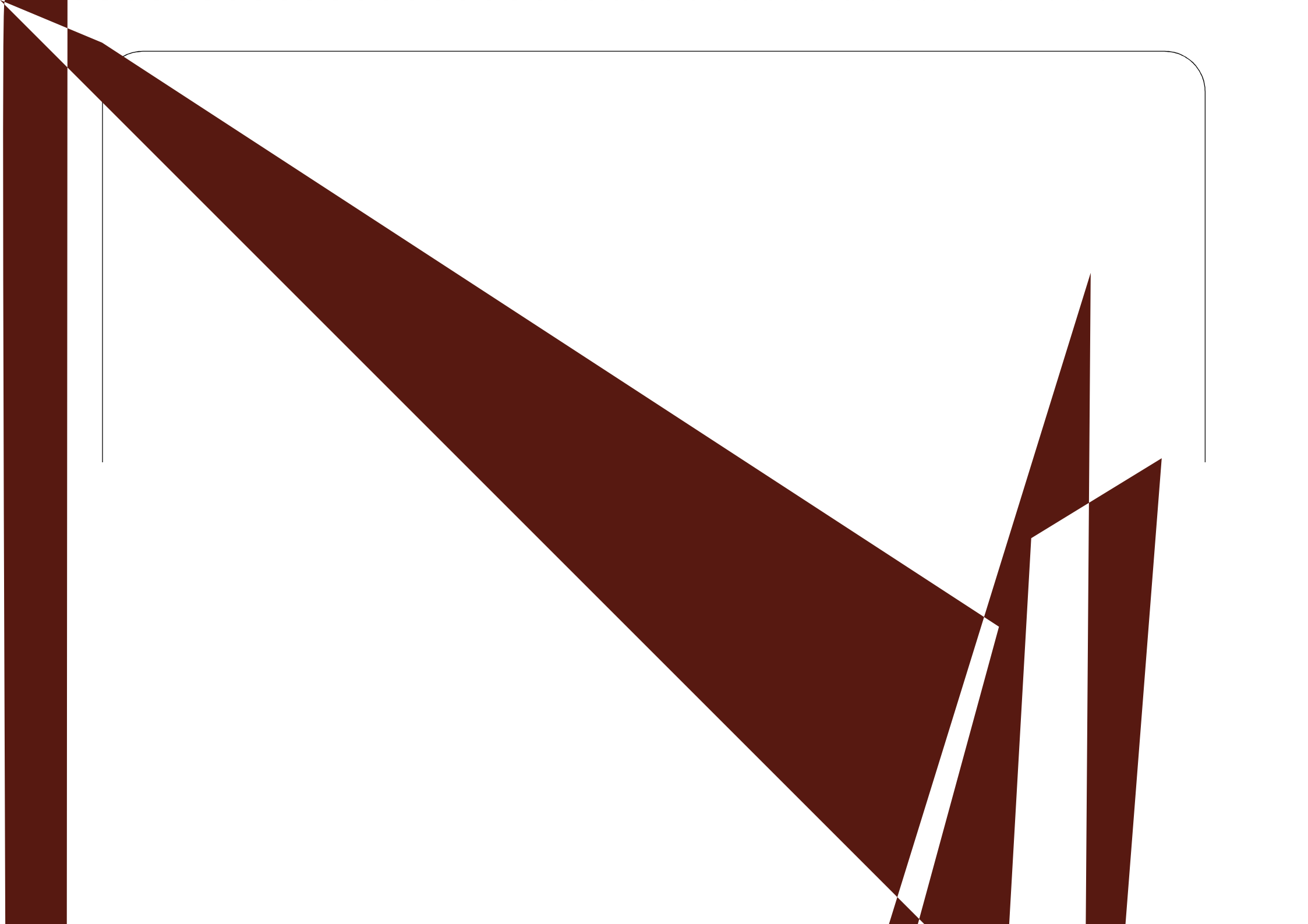




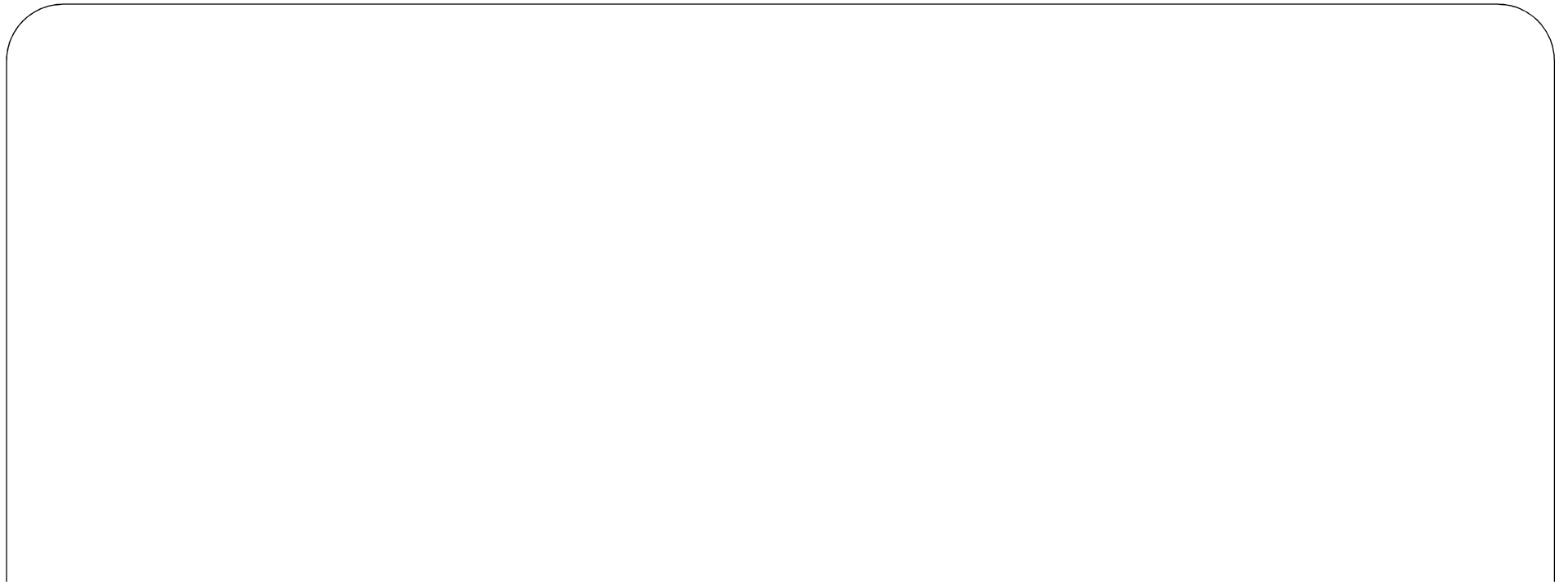


**Lifts that are:**









**Reduce package size**

**Use mechanical assistance to raise the load**

**ADD HERE**









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