



SAFE LIFTING TECHNIQUES

Using proper lifting techniques can significantly decrease your risk of injury while lifting.

THESE ARE SOME TIPS THAT CAN BE USED WHILE LIFTING AN OBJECT FROM THE FLOOR:

- Test the load to make sure you can lift it safely
- If the load is too heavy, ask for help or use a lifting device
- Begin with a wide base of support by making sure your feet are at least shoulder length apart
- Bend with your knees and hips, not with your back
- Get close to the object and bring it towards your body
- Have a firm grasp of the object
- Stabilize your core by contracting your abdominal muscles. Don't hold your breath
- Lift the object using your legs
- Do the same while lowering the object towards the ground
- Lower the object while bending at your knees and hips

WHILE LIFTING FROM A WAIST-HIGH SURFACE:

- Bring the object towards your body
- Have a firm grasp of the object
- Stabilize your core
- Lift object

*Do not twist your body while lifting. Pivot with your feet and do not keep them stationary.

PROPER LIFTING TECHNIQUE



HAVE A QUESTION ABOUT SAFETY AND HEALTH? CONTACT US

SAFEATWORK.MO.GOV

COMPANY: _____
EMPLOYEE NAME: _____

DATE: _____
EMPLOYEE SIGNATURE: _____

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