



## 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

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