STEP 5 – Loose grips causes strains

- Grip the load firmly, using your whole hand, not just your fingers
- Whenever possible, use your whole arm or shoulder to carry the load, this will save strain on your wrists





STEP 6 - Is the load close

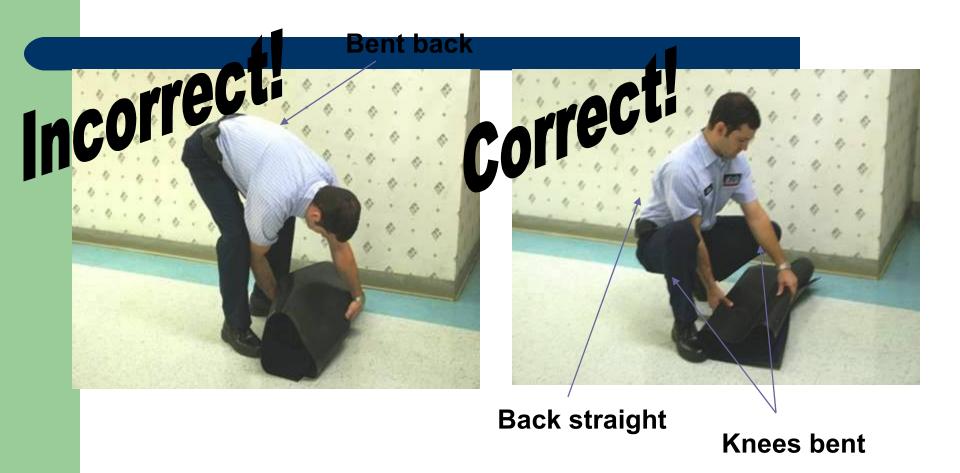
- Keep the load close to your body
- The closer it is to your spine, the less force it exerts on your back
- Maintain the natural inward curve of your lower back.
 Stand up straight
- Keep your back upright
- Whether you are lifting or putting down a load, do not add the weight of your body to the load



Load away from body

STEP 7 - Flex your legs to lift

- Allow your more powerful leg muscles, not your back muscles, to do the work
- Avoid bending at the waist when lifting
- Lower the load slowly by flexing the knees and hips,
 after releasing the load straighten up using your legs.
- Back injuries can result from lowering the load incorrectly just as they can by lifting it incorrectly.



STEP 8 – Turn your body, don't twist

- Don't twist your body while carrying a load
- Turn your *entire* body by pivoting or moving your feet



CORRECT!

Pivot at the feet

Questions

Questions and Learning Assessment