

PICK UP TIPS

HOW TO LIFT SAFELY



GET A GOOD GRIP

Use both hands, and grasp opposite corners.



KEEP IT CLOSE

As you lift, keep your back straight and the load close to your body.



KEEP IT IN THE MIDDLE

Hold the load between shoulder and knee height and don't overreach.



SLIDE AND TIGHTEN

Pull the load toward your stomach.



TRY NOT TO BEND BY KEEPING YOUR HEAD UP

If you must, bend your knees to reach or pick lower objects.



STEP OR PIVOT

Don't twist or side bend while moving with a load.

