

**Safety Tip 5: Preventing lifting injuries**

- Get help from others if you need it.
- Use dollies or carts whenever possible.



**1** Get close to the object.



**2** Bend at your hips and knees. Get a good grip. Gloves may improve your grip.



**3** Lift smoothly and slowly, keeping the object close to your body. Keep the load between your knees and shoulders.



**4** Pivot with your feet instead of twisting your back.