

# PROPER LIFTING

Use these steps when preparing to move boxes or something heavy

1

## Plan Your Move

Size up the load, get help if it is awkward or too heavy.

Make sure your path is clear before you begin.



2

## Get Ready

Have your feet shoulder-width apart and the load between them.

3

## Use Your Legs

Use your leg and thigh muscles, not your back, to bend and get a firm grip on the load.



4

## Arms In

Keep your arms and elbows close to your side.

5

## Keep the Back Straight

Bend your knees and hips, keeping your back straight to lift the load.

