

# 7 Steps to Safe Lifting

No matter how light the object, it's important to lift safely.



Work to live.

Follow these 7 steps to help you protect your back from pain and injuries.

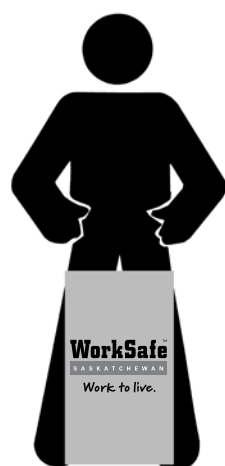
## 1 Think

- Is it safe to lift?
- Can I lift it alone?
- Where am I taking this object?
- Is the route clear?



## 2 Get Ready

- Face the object. If possible, face the direction you want to go.
- Make sure you have firm footing.
- Keep your feet shoulder width apart.
- Position one foot slightly behind the other for a stable base of support.



## 3 Assume the Position

- Bend at your knees, not your waist.
- Tighten your abdomen and buttock muscles.
- Tuck in your chin.



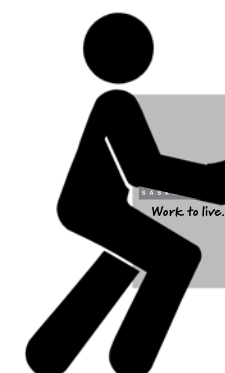
## 4 Hug the Load

- Keep your arms and elbows tucked in.
- Keep the load centered.



## 5 Get Up

- Let your legs do the work.
- Push your body up slowly and smoothly.



## 6 Get Going

- To change direction, turn, never twist.
- To turn, move your feet first.
- Proceed slowly with small steps.



## 7 Set the Object Down

- Keep your chin tucked in.
- Keep your abdomen and buttock muscles tightened.
- Bend at your knees, not your waist.
- Lower the load slowly.



**For more information:  
Go to [www.worksafesask.ca](http://www.worksafesask.ca)**