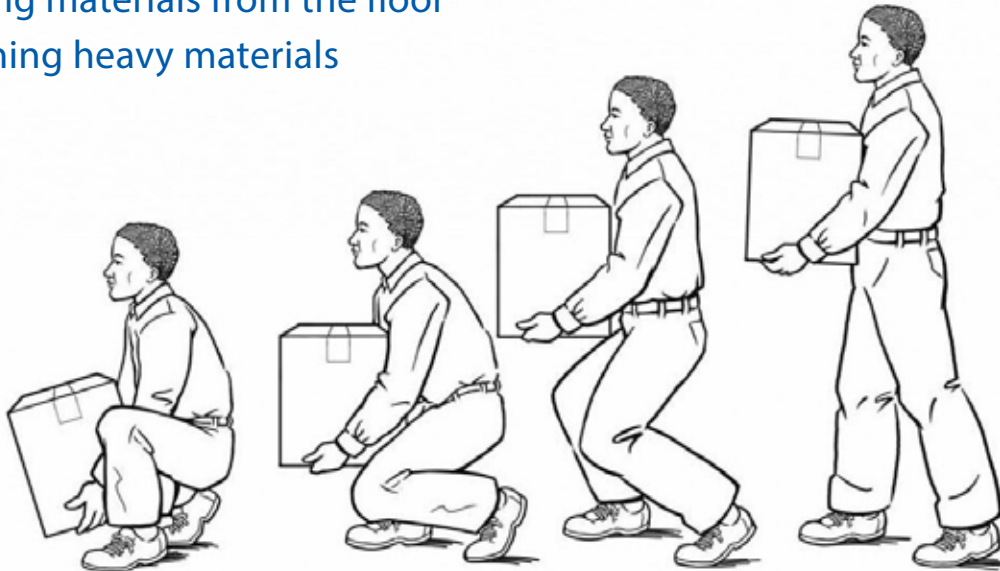


## Proper Lifting Review

Despite all of the equipment, tools, and machinery that is used in manufacturing, manual labor is still needed to get most work done. What this means is that every worker is exposed to potential injuries to their back by simply doing the normal every day tasks they often don't think about.

Tasks that can cause or aggravate an existing back injury include:

- Shoveling, twisting, or awkward body positions
- Bending, stooping, or squatting
- Kneeling for long periods of time
- Placing materials overhead
- Lifting materials from the floor
- Pushing heavy materials



*Example of proper lifting/setting technique*

- Cut down on carrying materials whenever possible by having them delivered close to where they will be used.
- When you must lift or carry materials:
  1. Keep the load as close to your body as you can.
  2. Try not to twist, turn your whole body instead.
  3. Lift with your legs, not your back.
  4. Lift the load using a solid two-handed grip.
  5. Lift and lower materials in a smooth steady way, try not to jerk the lift.