

## Safe Lifting

Back injuries cost employers nationwide billions of dollars each year. Back strain is the most frequent cause of injury on the farm or ranch. However, back injuries are preventable. Here are some guidelines on how to lift safely.



### 1. Lifting:

- Use a staggered stance, keeping the load close to your body.
- Bend your knees, keeping your back as straight as possible.
- Lift using your leg and arm muscles rather than your back muscles.
- Do not twist or bend sideways when lifting.
- When loading or unloading objects, use your feet to turn your entire body to avoid twisting or turning at the waist.
- Get help whenever necessary.

### 2. Reaching:

- Do not lift heavy objects higher than your shoulders.
- Use a ladder if you need to get closer to the load.

### 3. Pushing:

- Push with both arms, keeping your elbows bent.
- Push rather than pull large objects.

Company Name:

Date of Meeting:

Attendees: