

- Before lifting:
 - Test the weight.
 - Break up the load
 - Use good body mechanics
 - Use both hands
- Ask for help or use a mechanical lift if item is too heavy.
- When carrying items:
 - Keep the load close in front
 - Keep elbows in
 - Stomach tight
 - Keep normal curves of spine (*avoid hyperextending spine*)
 - Use handles
 - Pivot- don't twist
- Keep load in your power zone (between knees and shoulders).
- Store heavier items on the middle shelves and lighter items on top & bottom ones.
- Use extended handles when reaching high or low.
- Use step ladder when reaching above shoulders.



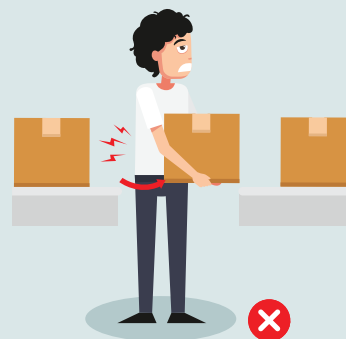
Keep spine straight and lift with legs



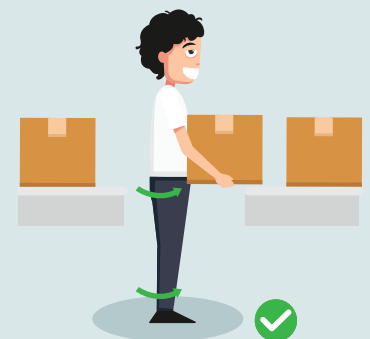
Don't hyperextend



Keep spine straight



Don't twist



Pivot