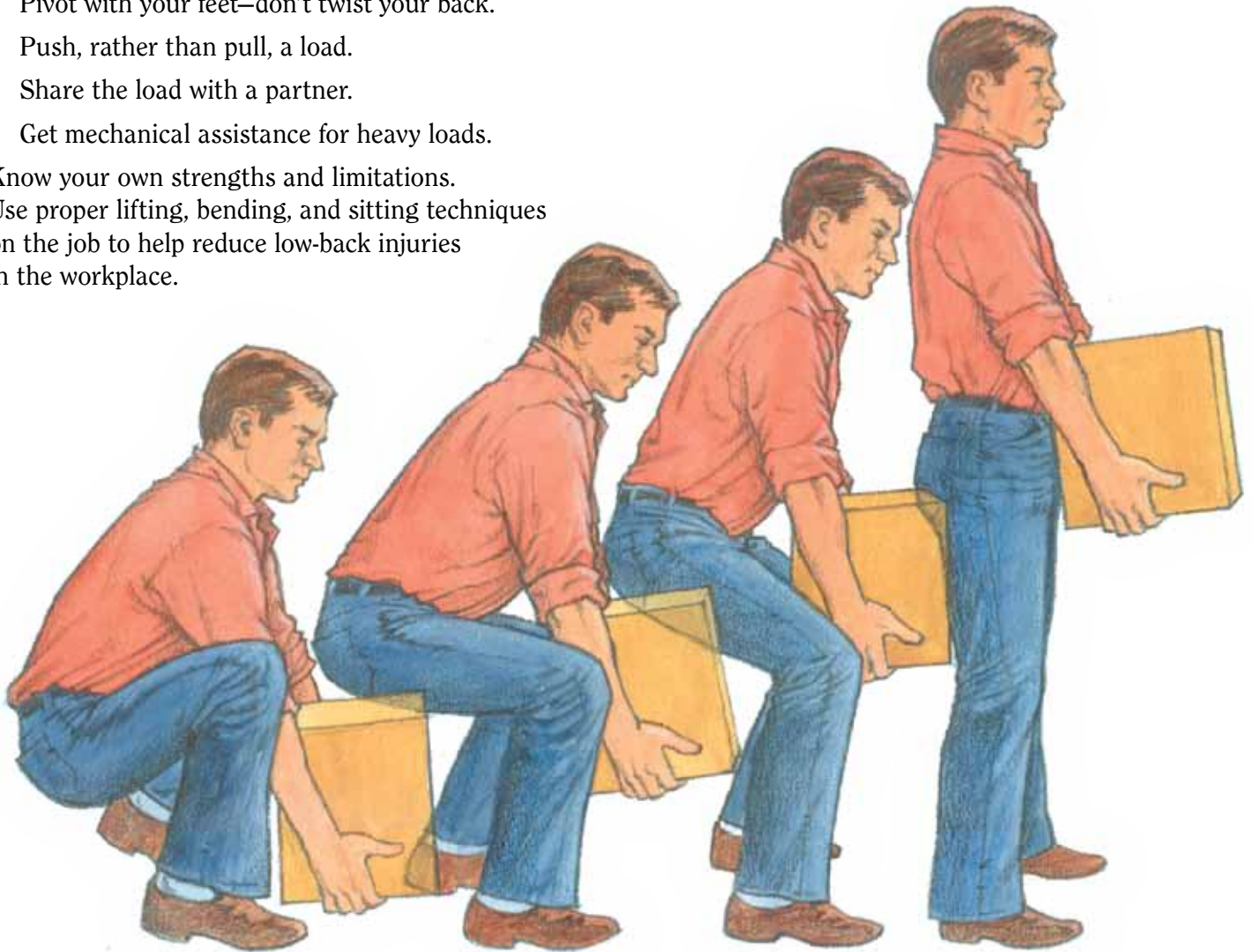


## Safe bending, lifting, and carrying

It is very important to stay healthy and prevent injury to your lower back when you are on the job. Good ergonomic design in the workplace is important, as are the rules for safe lifting and carrying. Always follow these rules, even for lifting light objects:

- Place your feet apart for good balance.
- Bend your knees.
- Hold the object as close to your body as possible.
- Lift smoothly and slowly.
- Pivot with your feet—don't twist your back.
- Push, rather than pull, a load.
- Share the load with a partner.
- Get mechanical assistance for heavy loads.

Know your own strengths and limitations.  
Use proper lifting, bending, and sitting techniques on the job to help reduce low-back injuries in the workplace.



Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number on shift: \_\_\_\_\_ Number attending: \_\_\_\_\_

**Other safety issues or suggestions made by attendees:**

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**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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