

## Proper Lifting Technique

Use the following technique when lifting heavy or awkward objects to prevent back injuries.



1. Face the load; don't twist your body. Stand in a wide stance with your feet close to the object.



2. Bend at the knees, keeping your back straight. Wrap your arms around the object.



3. Let your legs do the lifting!



4. Hold the object close to your body as you stand up straight. To set the load down, bend at the knees, not from the waist.