

Proper Lifting Techniques



- Take a balanced stance, feet shoulder-width apart.
- Squat down to lift, getting as close as you can.
- Get a secure grip, hugging the load.
- Raise your head and look up before lifting to straighten your back and neck.
- Lift gradually, using your legs.
- Keep the load close to your body.
- Once standing, change directions by pointing your feet and turning your entire body. Avoid twisting at your waist.
- To put the load down, use these guidelines in reverse.

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