

Easy Dos and Don'ts

For Teen Workers - Safer Lifting -

Do:

- ✓ Keep your head up and your back straight and bend at your hips.
- ✓ Bring the load as close to you as possible before lifting.
- ✓ Lift with your legs, not your back.
- ✓ Shift your feet to turn.
- ✓ Keep the load directly in front of your body.
- ✓ Try to perform lifts at waist height with your elbows in close to your body.
- ✓ Limit lifting by hand. Use mechanical lifts or get help.
- ✓ Stay fit to help avoid injury.



Don't:

- ✗ Lift heavy loads (35 lbs or more) get help.
- ✗ Reach across something to lift a load.
- ✗ Lift bulky or uneven loads.
- ✗ Reach to the side or lift while twisting.