



Nationwide
is on your side

Safety Matters

Safer Lifting Techniques

Lifting and carrying objects is a significant cause of workplace injuries. Use these tips to keep yourself safe when moving materials on the job.

- **Determine if manual handling can be eliminated or minimized.** Use hoists, carts, dollies, or other devices if they are available. Contact your supervisor for ideas on improving the material handling process.
- **Keep it in the strike zone.** Lifts in the strike zone – between the knees and the shoulders – are the safest lifts. Store objects at waist level as much as possible.
- **Bend your knees, not your back.** Approach the load with legs spread to shoulder width apart, then squat down to grasp the load. Raise up slowly using your legs to lift the load.
- **Hold the load close.** The farther the load is away from the body, the more force is placed on the back, arms and shoulders.
- **Don't twist.** Instead, point your toes and your nose in the same direction and keep the load in front of you.
- **Get help if needed.** If an object is too big or you are struggling to move it on your own, ask a co-worker or supervisor for help.



Use a team lift
if needed.



Use your legs to
raise the load



Don't twist
while lifting