

# There's A Right Way TO DO THAT LIFTING JOB



Many workers have been injured because they either didn't know how to lift properly or they didn't use the Safe Method. The posed photos on these pages show some suggested ways of lifting along with some related ways of how not to lift.

Above left: **DO** use a hand truck or a fork-lift truck for transporting items too heavy to carry. Above: **DON'T** risk hernia and backstrain by attempting to lift or carry a load that is even slightly beyond your physical ability.



**DO** bend your knees and let your leg muscles, instead of the back muscles, do the work when you reach down to lift any item from a low level.



**DON'T** risk straining your back when picking up an item by bending over from the waist in the manner shown in the above photograph.