

ASCIIP

Safety Spotlight

RULES FOR LIFTING

Follow these **dos** and **don'ts** to make sure you lift safely!

DO

- Only lift something if it is absolutely necessary. The optimal lifting zone is between your waist and shoulders, and as close to the body as possible.
- Be in good physical shape. If you are not used to lifting and vigorous exercise, do not attempt to do difficult lifting or lowering tasks.
- Think before acting. Place materials conveniently within reach. Have handling aids available. Make sure sufficient space is cleared.
- Get a good grip on the load. Test the weight before trying to move it. If it is too bulky or heavy, get a mechanical lifting aid or somebody else to help, or both.
- Get the load off the body. Place the feet close to the load. Stand in a stable position with the feet pointing in the direction of the movement. Lift mostly by straightening legs.

DON'T

- Twist the back or bend sideways.
- Lift or lower awkwardly.
- Hesitate to get mechanical help or help from another person.
- Lift with the arms extended.
- Continue lifting when the load is too heavy.



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