Lifting and Carrying Objects

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

Injuries usually occur because of two reasons. 1.) Back muscles are weak; 2.) Poor techniques for lifting and carrying.

To avoid injuries and other back related problems, follow these tips:

⇒ Take a few minutes each day to strengthen and stretch your back muscles.
⇒ Wear shoes that offer good support and traction.
⇒ Keep a wide stance and make sure of your footing.
⇒ Keep the load close to your body.
⇒ Lift steadily with your legs, not your back. Keep your head up and your back straight.
⇒ Point your feet in the direction you plan to move. Don't twist.
⇒ Put down the load by squatting down, not bending over.
⇒ If you are using a cart or dolly to move a heavy load, push it, don't pull it.