



## 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.

[www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx)



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