



# Lifting is a breeze when you bend at the knees!

- Always bend at the knees when lifting an object
- If an object is too heavy, get help
- Use equipment, like a hand truck, to do the heavy lifting
- Turn with your legs, not your back

## Lift Smart — Think, Then Start

Lifting heavy items is one of the biggest causes of injury in the workplace. Improper heavy lifting can lead to:



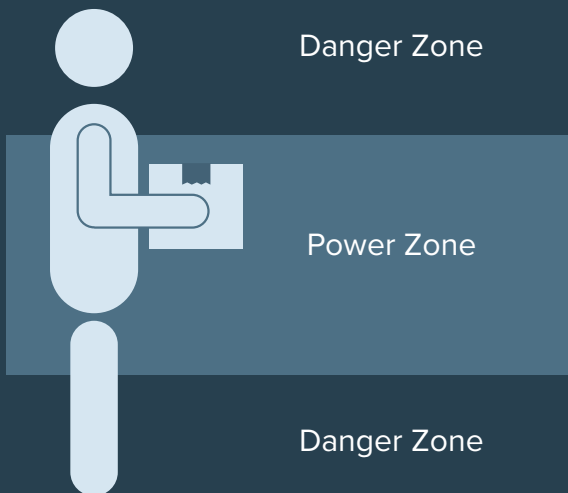
Back Injuries



Hernias



Strains & Sprains



## Stay in Your “Power Zone”

The power zone for lifting is close to the body, between mid-thigh and mid-chest height. This zone is where your arms and back can lift the most with the least amount of stress.

