PROTECT YOUR BACK

- Prepare for the lift; size up the load, decide where you are going, know where to place the load.

- Stand close to the load and center yourself over it with feet shoulder width apart.

- Tighten your abdominal muscles and keeping your back straight, bend your knees and squat to the floor.

- Get a good grasp on the load with both hands and keep the load close to your body. Use your leg muscles to stand up lifting the load off the floor. Don't lift above your waist.

- Your back should remain straight throughout the lifting, using only your leg muscles.

- Don't twist your body while moving a load. Instead take small steps moving your feet until you're in the correct position.

- Finally bend at your knees using your leg muscles and place the load in the appropriate location.

- Avoid back stress; take a stretch. Use a buddy to help carry heavy or awkward loads.