

PRACTICE SAFE MATERIALS HANDLING

Avoid injury while pushing, carrying, and lifting

DON'T

- Jerk
- Overstretch
- Twist
- Lift loads that are too heavy



1

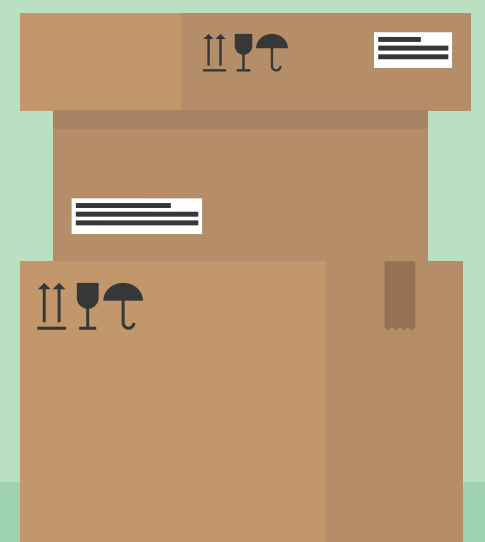
Stop and Think

- Where is the load going?
- Are there any obstacles in the path of travel?
- Are there any mechanical lifting aids to help me?
- Consider the size, shape, and weight of the load

2

The Lift

- Keep distances to a minimum
- Remove trip hazards in the path of travel
- Test the load
- Feet apart, leading leg slightly forward, hips and knees relaxed
- Firm hold from below
- Lead with your head as you lift
- Keep movements smooth
- Keep load close to your body



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