

## Lifting Safely - Awkward Loads

Lifting safely is one of the most important things you can do to protect your back throughout your lifetime. Many people get injured trying to handle awkward shaped, sized, or weighted objects. To prevent the risk of an injury while lifting these awkward loads, here are safe and correct tips to lifting awkward loads safely:

### Use Two-Person Lifts for Large or Awkward Loads

- Work with a person about your height.
- Before the lift, decide which person will direct the move.
- Keep knees bent and back straight, lift the load together.
- Move smoothly together as you carry and keep the load at the same level.
- Unload at the same time, keeping knees bent.

### Get in Position to Lift from a Hard-to-Get-At Location

- Stand as close as possible to the object.
- Bend slightly forward at the hips and push your buttocks out behind you.
- Bend your knees, keeping your back straight and stomach muscles tight.
- Grip the object firmly.
- Lift so your leg, stomach, and buttock muscles do the work—not your back.

### Grip Properly to Lift Objects with Awkward Shapes

- Squat next to the object with your feet spread shoulder width apart.
- Grip the object at the top outside corner and the bottom inside corner.
- Lift properly and slowly, with knees bent and back straight.

