

Workplace ergonomics: Safe lifting techniques to avoid strains and sprains

Steps for safe lifting



1. Assess the load and plan the lift.
2. Position your body in front of the load. Spread your feet shoulder's width apart for balance; put one foot back to boost stability.
3. Lift with knees flexed using your leg muscles, but avoid deep squatting. Maintain the natural curve of your spine throughout the task.
4. Position load close to your body; tighten abdominal muscles.
5. Shift the load to one side so you can see where you're going.
6. When putting the load down, maintain the curve of your spine and use your leg muscles for motion and support.

There's more

Please refer to additional materials that accompany this topic, which have helped prevent injuries at other organizations.

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