



SAFETY BRIEF

LIFTING SAFETY

KEYS TO SAFETY

- **Prepare**— Size up the load and decide if you need help. Make sure your path is clear.
- **Stable stance**— Approach the corner of the load or straddle it with your feet at least shoulder width apart.
- **Keep head up**— Look straight ahead to help keep your back in a safe posture.
- **Use legs/hips**— Lower yourself down to grasp the load and raise up using your leg and hip power.
- **Keep the load close**— The closer the load is to your body, the less strain you'll have on your back.
- **Don't twist**— Always move your feet to change direction and keep the load in front of you.

OTHER TIPS

- Store the heaviest objects on shelves near your waist level
- Use dollies, carts or other means to minimize manual material handling
- Use gloves with rubberized palms and fingers to enhance your grip
- If a load is over 50 pounds, look for ways to reduce it to a more manageable size or eliminate manual handling

**KEEP HEAD UP
& BACK STRAIGHT**



HOLD THE LOAD CLOSE



Home Office: 717 Mulberry St. | Des Moines, IA 50309 | 800-447-2295 | www.emcins.com |

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