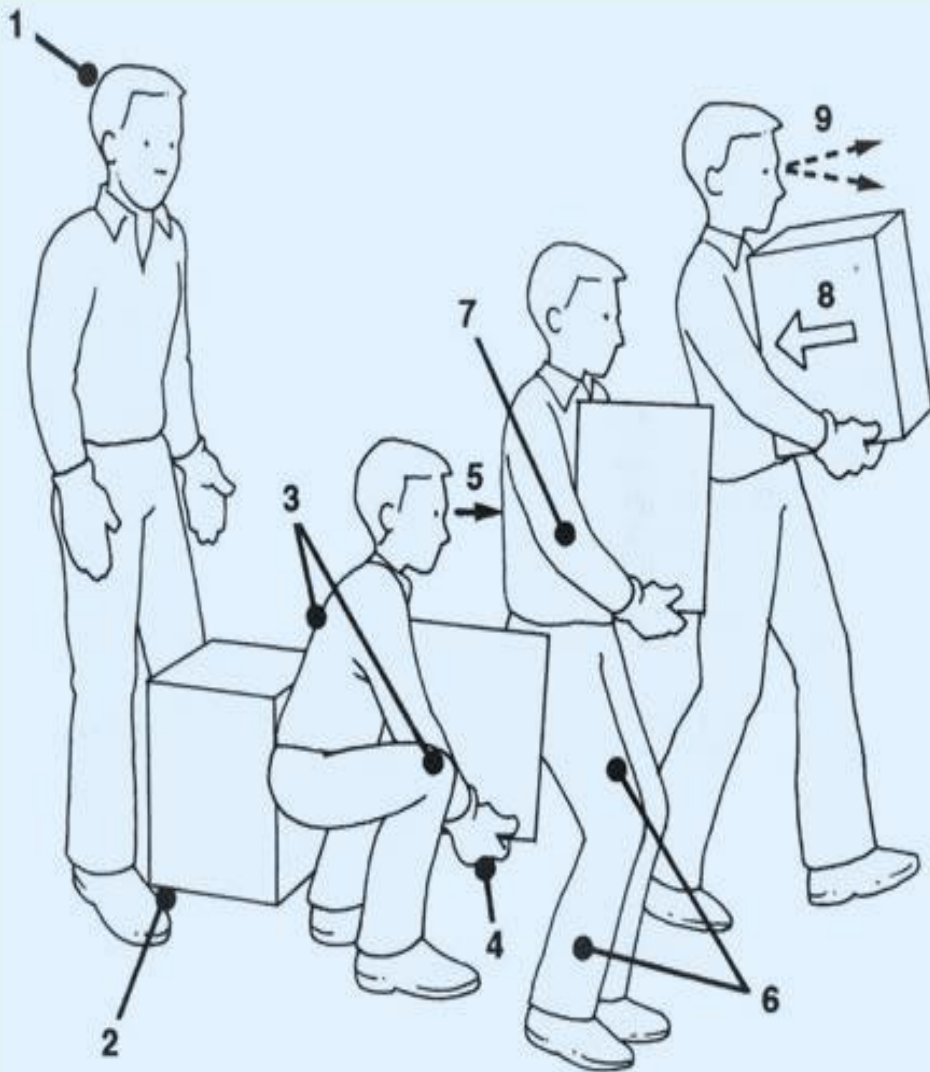


9 Tips for Preventing Lifting Injuries

Using improper lifting mechanics can lead to injury. Please use this light-hearted, numbered guide to ensure that you are lifting heavy loads correctly.



1. **LOOK OUT!** Examine your path. Is it free of obstacles?
2. **GET UP CLOSE AND PERSONAL.** Position your body as close to the object as comfortably possible
3. **THE PERFECT PICK UP LINE.** Always keep your back straight while bending at the knees
4. **GET A GRIP.** Ensure a secure grip on the object
5. **STAND UP STRAIGHT.** While lifting, keep your back straight
6. **WORK THOSE QUADS!** Smoothly stand up, using your legs as your power source
7. **ROLL UP YOUR SLEEVES (so we can see your muscles).** When carrying, ensure a slight bend in your arms
8. **KEEP IT NEAR AND DEAR TO YOUR HEART.** Rest the object against your chest if possible
9. **EYES ON THE PRIZE!** Keep your head up, scanning your path for any obstacles or hazards

North Bay Schools
Insurance Authority



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