

# 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

