

# LIFT SMART: MANUAL MATERIALS HANDLING TIPS

## 1 Plan for it.

Before beginning, think about the best approach for handling the material. Plan the route you will take, minimize distance, remove hazards, place ramps where needed, and identify a safe location at waist height to set the load down.

## 2 Use tools instead of manually lifting.

Carts, dollies, hand trucks, pallet jacks, and forklifts make the job easier and reduce the likelihood of injury.

## 3 Keep objects in the “green zone.”

Get objects above your knees and close to your body before lifting or carrying them. Slide the object as close to you as possible to reduce bending and reaching.

## 4 Don't put your back into it.

Keep a neutral spine to reduce your risk of injury. Bend your knees when lifting from ground level, keeping your back and hips straight. Avoid twisting and when you turn, do so by pivoting or walking around with your feet facing the object.

## 5 Know your lifting limit and stay within it.

Check paperwork and test the load to ensure its within your limit and stable. If needed, ask for help or repackage into lighter loads. And rest when you get tired.

**New-to-you loads can hide risks. Stay sharp. Stay safe.**

