

Fact Sheet **Safe Lifting Basics Fact Sheet**

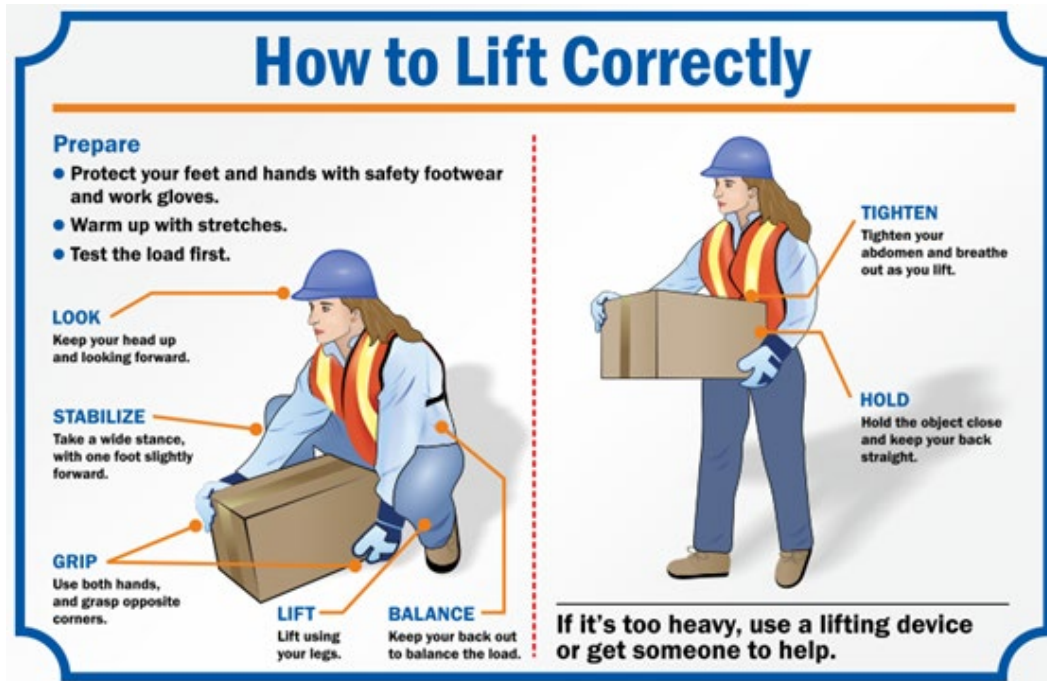
How to prevent back injuries?

1. Check if the load is safe for lifting. If safe, then you can proceed to carry it.
 - **IF load is unsafe** use a hand truck, dolly, or forklift.
2. Plan a safe flat walking route.
 - **Remove** any obstacle in the way if needed.
3. Do some muscle exercises with gentle bends to loosen muscles.
 - **Should** always stretch each **muscle** for about 30 seconds to avoid injury.
4. **Avoid** wearing loose clothing, as a result, can cause an injury.
 - slipping
 - tripping.

When you lift?



When you carry?



When you unload?

1. Always lower the load slowly bent knees.
2. If the load is heavy place the load on the edge of the surface and slide it.

Unsafe Lifting Hazards		
Condition	Symptoms	Treatment
Health Hazard	Internal bleeding	Call 911 or seek medical assistance for internal bleedings.
Improper handling	Sprains, falls, strains, broken bones, etc.	Call 911 or seek medical assistance. If conscious and responsive,