1. Before leaving home ask “Do I need this?”

2. Plan the lift

   Your power zone

   Carry loads between knuckle height and shoulders using your power zone

3. Before moving the load, size it up.

   Test it for weight and stability.

4. Use boxes small enough so one person can carry safely
SUGGESTIONS
FOR MOVING IN MORE SAFELY

5

Use handles to make moving easier

6

Think through the path the load will travel.

Could the path be shorter?

7

Perform the lift.

a] Get a secure grip.

b] Use both hands when possible.

c] Avoid jerking by using smooth, even motions.

d] Keep the load as close to the body as possible.

e] To the extent feasible use your legs to push up and lift the load, not the upper body or back.

f] Do not twist your body. Step to one side or the other to turn.

g] Alternate heavy lifting or forceful exertion tasks with less demanding tasks.