



# ADAMS COUNTY FIRE RESCUE

## Lifting Safety Tips

- Plan ahead before you lift. Know what, how and where you are lifting.
- Determine whether it is safe to lift on your own. Ask for help when you need to lift a heavy load. Be willing to help others with heavy loads
- When lifting awkward or heavy loads, use a two-person lift. Make sure to lift at the same time and to keep the load level.
- Use protective shoes and gloves when lifting.
- Check your pathway. Make sure the lift pathway is clear of trip or slip hazards.
- It is preferable to use ergonomic equipment like lift assists, dollies, carts, hand trucks or hoists. Make sure you are trained on how to use them before using them.
- Keep a wide base of support. Stand as close to the object as possible.
- Use a wide stance, with one foot forward and to the side of the object for good balance.
- Squat down next to the object by bending at your knees and hips. Maintain your back's natural curves. If needed, put one knee to the floor and your other knee in front of you, bent at a right angle.
- Pull the load close to you and grasp it firmly at belly button level.
- Keep good posture. Tighten your stomach muscles; they will act as a back support. Look straight ahead and keep your back straight, your chest out, and your shoulders back. Raising your head will help you lift with your legs rather than your back.
- As you slowly rise with the load, lift your legs. Use your strong leg muscles, not your back muscles to power lift. Raising your chin while lifting will help your back maintain its natural curves.
- Don't turn or twist as you lift. Use your feet to change direction, taking small steps. Also, do not attempt to lift by bending forward.
- Set down the load carefully, squatting with the knees and hips only.