



8 KEYS TO LIFTING

Safe lifting and lowering

1

Get close

Keep the package close to your body.

2

Position your feet

Feet apart for balance; one slightly forward.

3

Bend at the knees

Keep the natural curve of your back.

4

Test the weight

Check how heavy or unstable it is.

5

Get a firm grip

Use opposite corners when possible.

6

Lift smoothly

Use a steady motion. Do not jerk.

7

Move your feet

Step or pivot instead of twisting.

8

Use equipment

Use available help or lifting equipment.

REMEMBER: Get close, lift smoothly, never twist.



WESLA + 3 D'S

Quick safety reminders

WESLA / SLIPS & FALLS

W

Walk, don't run

Move at a safe pace.

E

Establish firm footing

Keep your footing secure.

S

Stay off unsecured equipment

Do not climb onto unsecured conveyors.

L

Look before stepping

Check where you place your feet.

A

Adjust to changing conditions

Watch for wet or uneven surfaces.

3 D'S / YARD CONTROL

1

Designated walkways

Use marked pedestrian paths.

2

Designated doors

Enter and exit through approved doors.

3

Designated areas

Stay in approved break and work areas.

Study aid. Follow your site's official safety training.