**Tool Box Talk - The "Dos" of Lifting**



Is lifting part of your job routine? If so, then everyday you risk injury from strains, sprains, hernias, cuts, and bruises.

Let’s review the dos of lifting.

* Before you begin, know the right way to do the job.
* Check with your supervisor or co-worker if you have any questions about moving a load.
* Always size up the load.
* Get help for heavy or bulky objects. Inspect your path of travel.
* Be aware of stairs and tripping or slipping hazards.
* Choose the safest route.
* Be sure of a safe, firm grip.
* Check for sharp edges.
* If the load is wet or slippery, wipe it off.
* Lift with your legs, not your back.
* Squat down close to the load; keep your back straight; lift slowly with leg power.
* Use material handling equipment whenever possible. When properly used it can save a lot of manual effort.

This toolbox topic was reviewed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the following employees: