



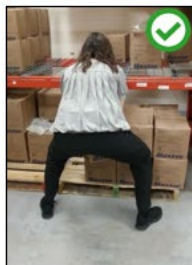
# Safety Talk

## Manual Material Handling – Proper Lifting

- As a general guideline, if a healthcare worker (HCW) is required to lift an object greater than 50 lbs., the HCW should use equipment and/or ask for additional assistance to reduce/eliminate risks, where reasonably practicable.
- Decrease the distance a load is carried and use equipment whenever possible (e.g., cart, dolly, etc.).
- Prior to lifting, test the load, plan the route, and remove any obstacles.
- Keep the object you are lifting directly in front of you and turn by taking small steps with your feet. Avoid twisting.
- Keep the object you are lifting close to your body and as close to your waist height as possible.
- Use a wide stance with feet at least shoulder width apart and lift using your legs. Keep your back straight, tighten your abdominals, bend at your hips and knees, and keep your head up.
- Grasp the object with both hands using your whole hand and not just your fingers. Keep your wrists straight. Use handles if available.
- Use a stool or step ladder for lifting lighter objects that are store about shoulder height.



vs.



vs.



vs.



vs.



vs.



