**Proper Lifting Techniques**

- Plan the task.
- Face the object. Feet in a staggered stance, shoulder width apart with one in front and the other in back.
- Bend with your knees, not the back.
- Bring the object close to the body.
- Keep nose, chin, elbows, and arms tucked with weight over the feet.
- Lift with your legs.
- Avoid twisting.

*Use material handling equipment and team lifts for heavier and/or larger, awkward items.*