Proper Lifting Techniques
Team Lifts

- Don’t lift heavy objects on your own.
- TEAM LIFTS - Get two people and/or use dolly for assistance.
- Don’t lift oversized objects.
- Don’t work in awkward positions (overhead, below the knees, static positions, reaching, etc.).
- Avoid prolonged stooping or working bent over.
- Warm up before you lift.
- Use dollies/carts whenever possible to reduce material handling injuries.