Weight Lifting

Prepare
- Protect your feet and hands with safety footwear and work gloves.
- Warm up with stretches.
- Test the load first.

Hold
- Hold the object close and keep your back straight.

Tighten
- Tighten your abdominals and breathe out as you lift.

Look
- Keep your head up and looking forward.

Lift
- Lift using your legs.

Grip
- Use both hands, and grasp opposite corners.

Stabilize
- Take a wide stance, with one foot slightly forward.

If it's too heavy, use a lifting device or get someone to help.