

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.

BALANCE

Keep your behind out to balance the load.

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