

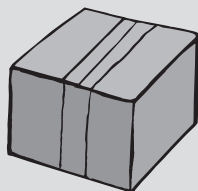
LIFTING 1-2-3-4

PREVENTING BACK INJURY



1 EVALUATE & POSITION.

Confirm that the load is a liftable size, *shape*, and weight. Prepare to lift by positioning your feet shoulder width apart, feet pointed out.



2 STRAIGHTEN BACK, BEND KNEES.

Lower yourself down by bending your knees and lowering the hips. Keep the back straight - don't curve or twist.



3 HUG, TIGHTEN, LIFT.

Hug the load to your body and tighten your stomach muscles to support your back. Lift with your legs as you straighten upward.



4 CARRY & LOWER.

Carry the load close to your body to minimize force on your back. Lower by bending the knees and keeping the back as upright as possible.



SAFETY TOPICS: The WCF Insurance safety department is dedicated to helping policyholders with their safety needs. The following information on preventing back injuries represents just one of more than 60 safety topics available online. To learn more about workplace safety, visit wcf.com or call us at (800) 446-2667.