



## General Safety

# Lifting Techniques

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### Prevent injuries with safe practices.

- Stabilize your body by keeping your feet shoulder width apart.
- Avoid sudden movements or twisting while lifting.
- Consider the use of tools or equipment for heavy lifts.
- Use gloves that help your hands grip the load.
- Scan for trip and slip hazards before lifting.
- Break down loads into manageable sizes.
- Get help and team-lift heavy loads.