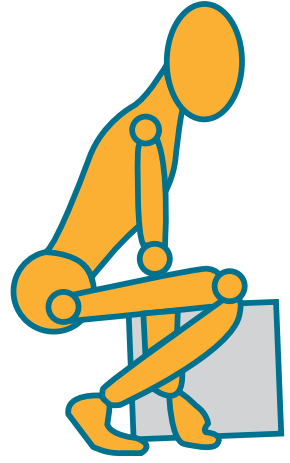


# RULES OF LIFTING

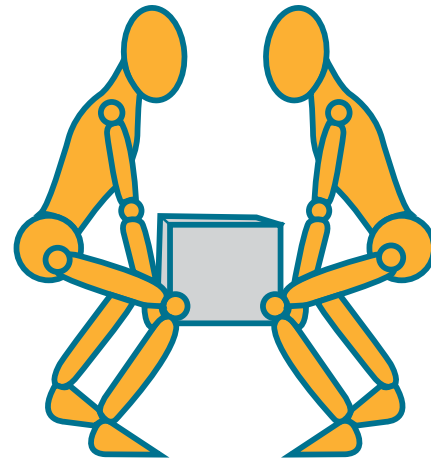
1



## Plan your lift

Before you lift, think about the item you are going to move and ask yourself, "Can I lift this alone?" "Is it too awkward for one person?" "Is the path clear?" Also test the load to see approximately how heavy it is before lifting.

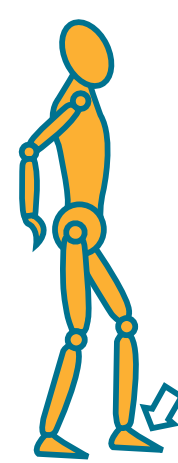
2



## Ask for help

If the load is too heavy or too awkward for you to lift, ask for assistance.

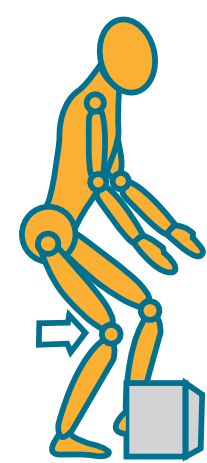
3



## Get a firm footing

Keep your feet apart for a firm base and point your toes out.

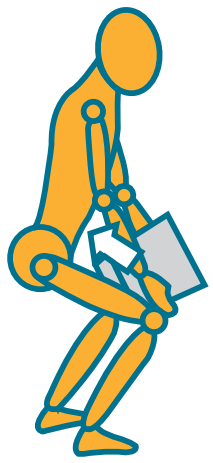
4



## Bend your knees

Don't bend at the waist. Keep the principles of leverage in mind at all times.

5



## Tighten stomach muscles

Use intra-abdominal pressure to support your spine when you lift, offsetting the force of the load. Train your muscles to work together.

6



## Lift with your legs

Let your leg muscles do the work of lifting. Don't rely on your weaker back muscles.

7



## Keep the load close

Don't hold the load away from your body. The closer it is to your spine, the less force it exerts on your back.

8



## Keep your back upright

Whether lifting or putting down the load, don't add the weight of your body to the load. Avoid twisting.

## Using proper body mechanics when you are lifting, bending or pushing can mean the difference between being injured or not.

- Consider the ergonomic design.
- Is your work station comfortable?
- Do you have to stretch to reach the items with which you work?
- Does the location of materials keep you from using proper lifting techniques?
- Use mechanical assistance whenever possible.

## When moving a load remember to:

- Think before you lift.
- Pivot with your feet, don't twist to move objects.
- Lift smoothly, don't jerk the object you are lifting.
- Push, don't pull heavy objects.
- Move, don't overstretch to reach items.
- Sit and stand with your spine aligned.

For more information please contact  
Workers Compensation Board of PEI  
Phone 902-368-5697  
Toll Free 1-800-237-5049  
[www.wcb.pe.ca](http://www.wcb.pe.ca)

**Safety Matters @Work**  
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