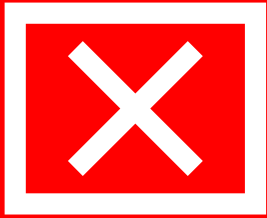


Safe Lifting at Stanford



Don't bend over forward to pick up items!

1

Think before you lift:

- Is there any way to lighten the load?
- Is help available?
- Can a mechanical aid be used?

2



- **Get close.**
- **Bend at the knees.**
- **Get a good grip on the object.**

3



- **Back straight, chest forward, and head up.**
- **Use your legs to power the lift.**

Other tips:

- **Don't twist the back...keep your "nose between the toes."**
- **Keep the load close to your body.**
- **Take frequent breaks from repetitive lifting.**

For additional back care tips and other ergonomics information, please visit <http://ergostanford.stanford.edu> or call 723-0448.
Stanford University Environmental Health and Safety