

If your job requires you to move heavy materials, tools, and other items, you should first consider what material handling equipment could be used to avoid lifting (e.g., dollies, carts, or pallet jacks). As a general guideline, do not lift items weighing more than 50 pounds or are unsure can be lifted safely without help from a coworker or equipment. If you must lift or carry heavy items, follow these tips below to keep yourself safe:

Keep a wide base of support. Your feet should be shoulder-width apart, with one foot slightly ahead of the other (karate stance).

Squat down, bending at your hips and knees, not your back.

