Office Lifting: Avoiding Back Injuries

Do:
- Test the weight of the load first
- Hold load close and in front of you before lifting
- Bend your knees and keep your back neutral
- Avoid twisting your back
- Make sure you can see the path in front (trip hazards)

Don’t hesitate to:
- Ask for help especially for overhead loads
- Use a cart or other aid
- Divide into smaller loads