Lifting Safely: 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

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