

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



Office of Environmental Health & Safety

www.ehs.utoronto.ca