

Safe Materials Handling Tips

- **Pre-plan**, Know where you are going before you lift. Chose a clear path.
- **Increase balance** by keeping your feet shoulder width apart. One foot should be slightly forward.
- **Take a deep breath**, and tighten your stomach muscles before you lift.
- **Bend at your knees and hips**, not your waist. Lift using your leg muscles to reduce the load on your back.
- **Lift smoothly**, don't jerk as you lift. Sudden movement and weight shifts can injure your back.
- **Face the load** you are lifting.
- **Hold the load close** to your body at waist height.
- **Turn with your feet**, not your back, to avoid twisting when lifting.

More information and this FACT SHEET can be found on the UCLA ergonomics' website.

<http://ergonomics.ucla.edu/index.html>