



# Bend Knees. Smile. Lift.

Using proper lifting techniques helps to prevent back injuries that can stop you from doing the important things in life, like flipping the Frisbee, earning a paycheck, running with your dog... having fun with your kids and loved ones. There are basic lifting methods that will help you avoid compressing your spinal discs or straining your lower back:

- **Keep a wide base of support** with feet shoulder-width apart.
- **Squat down** bending at the hips and knees.
- **Keep good posture** with back straight, chest out, shoulders back.
- **Slowly lift** by straightening hips and knees, Not your back.
- **Hold load close to body** at belly button level.
- **Set down the load carefully**, squatting with the knees and hips only.

Tens of thousands of back and shoulder injuries are caused by lifting, pushing or carrying too much weight! If moving a really heavy object, ask a buddy for assistance or use a proper dolly.

Save Your Back for "Caring" the Really Heavy Things in Life. **BE SAFE.**

Get OSHA 10-Hour Trained! [www.tradesmeninternational.com/safetytraining](http://www.tradesmeninternational.com/safetytraining)  
Need Gloves? Contact your local office to replace lost or damaged gloves!



**"Lower back injuries have consistently accounted for about 25% of all the lost workday injuries in the construction trades."**

- U.S. Bureau of Labor Statistics



**Safety Hotline: 844.40B.SAFE**