



# Habitat for Humanity®

Chatham-Kent

## Back Safety – Safe Lifting Procedures

**Please review the following information:**

1. Facing the load, position your feet about shoulder width apart with one foot slightly ahead of the other.
2. Don't bend over an object you are lifting. Bend your knees, squatting in front of the object to reach it.
3. Get a firm grip on the load, using your hands – not just your fingertips.
4. Lift the object slowly and carefully, using your leg and arm muscles to lift, not pulling with your back.
5. Keep your head up and look straight ahead while making the lift.
6. While lifting, keep the object as close to your body as possible.
7. Keep abdominal muscles tight while making the lift.
8. Use the same techniques when you put the object down.
9. If the object is too big or too heavy to lift using these techniques, get someone else to help.

**I HAVE CAREFULLY READ THE ABOVE INFORMATION AND FULLY UNDERSTAND THE TECHNIQUES PRESENTED.**

**Volunteer (Print):** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_