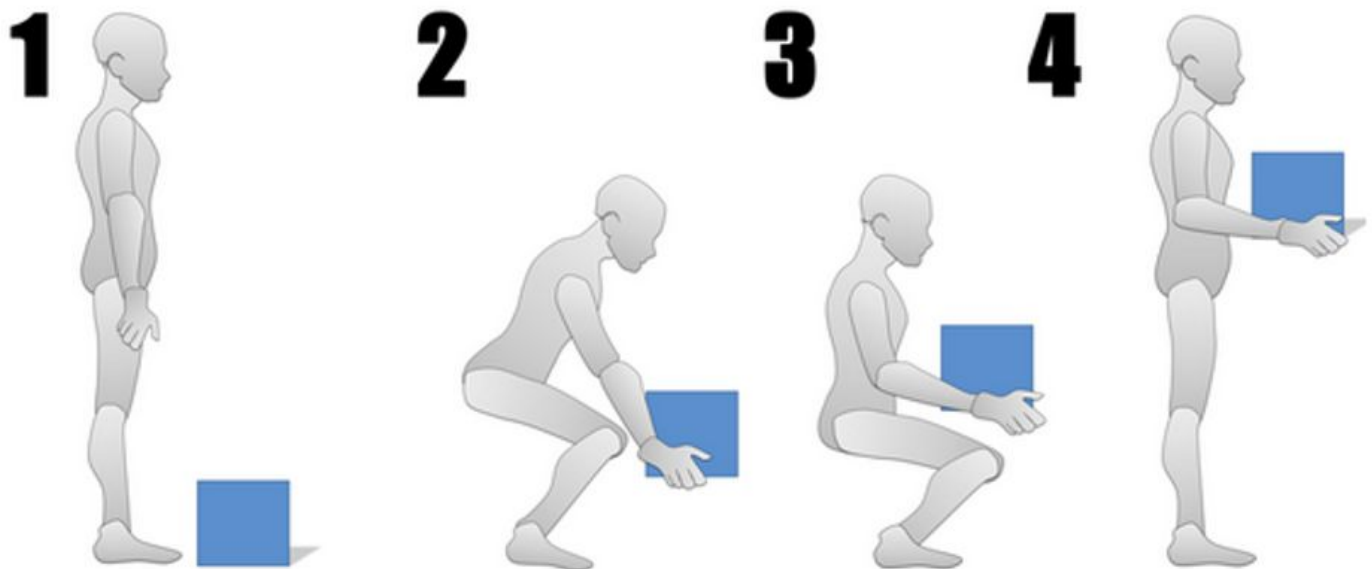


# Proper Lifting Technique

## 6 L's of Lifting

- **Look:** assess weight of load
- **Lumbar:** keep lower back only slightly curved
- **Load:** keep load close to your body
- **Legs:** use your leg muscles
- **Lungs:** breathe out with lift
- **Liability:** know when to get help

## HOW TO LIFT



Keep your feet shoulder width apart and slightly staggered	Bend at the hips and knees Keep back straight	Keep weight close to your body Tighten your stomach muscles, breathe out when lifting	Lift with your legs, not your back Turn with your legs, not your back
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