



Protect your back from injury

A Guide to Lifting Safely

Environmental Health and Safety

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Before You Lift It, Have a Plan



What?

How heavy is it? What does it contain?
Can it block your vision when carried?

Why?

Must you lift it?

When?

Can you lift it right away or are preparations needed: e.g., stabilization, clear a safe path; do warm up exercises, etc.

Where?

Where will you move it to? Will you need a ladder?

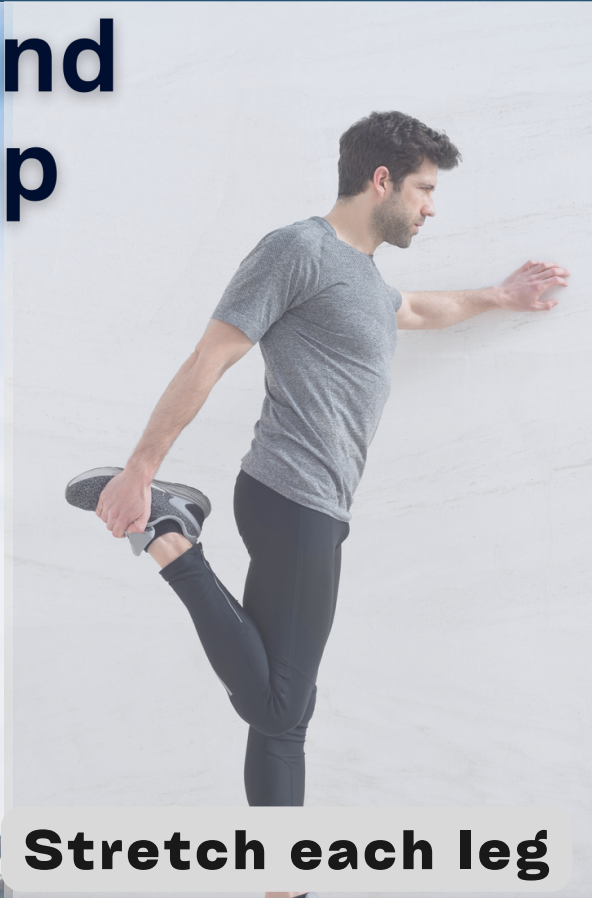
How?

How will you move it? Should you ask for help?
Can it be broken down into smaller units? Should you use mechanical assistance?

Stretch and Warm Up



Stretch each arm and shoulder



Stretch each leg



Stretch the lower back and hips

Safe Lifting

1

Test the Load

Weight | Shifting potential |
Gripping points | Integrity

2

Position Your Feet

Face the load | Feet apart and
close to the load | Knees bent
| One foot slightly in front for
balance

3

Position Your Body

Squat down, bend at hips |
Maintain back's natural S-
curve | Don't bend at the waist

4

Get a Firm Grip

Grip load firmly and securely |
Use handles or cut outs if
available | Glide object up on
your body before rising

5

Lift Smoothly

Keep back straight and
tighten stomach | Lift with leg
muscles | No sudden, jerky
movements

6

Move Your Feet

Avoid twisting as you lift |
Turn shoulders and feet to
turn

7

Keep it Close and Balanced

Balance weight through both
sides of your body

8

Set it Down Slowly

Lower slowly, using leg
muscles | Keep fingers away,
slide load into position

