RULES OF LIFTING

THINK - SQUAT - LIFT



- **Plan your lift**
- **Ask for help if necessary**
- **Get** a firm footing
- **Bend your knees to squat**
- **Tighten your stomach**
- **O**Lift with your legs





- **%** Keep the load close
- Keep your back upright
- **O** Push. Don't pull heavy objects.
- Lift smoothly. Don't jerk the object you are lifting!



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To report a serious workplace injury, call the 24/7 Occupational Health and Safety Emergency Line at 902-628-7513