Safe Lifting at Stanford

Don’t bend over forward to pick up items!

Think before you lift:

1. Is there any way to lighten the load?
2. Is help available?
3. Can a mechanical aid be used?

1. Get close.
2. Bend at the knees.
3. Get a good grip on the object.

• Back straight, chest forward, and head up.
• Use your legs to power the lift.

Other tips:

• Don’t twist the back…keep your “nose between the toes.”
• Keep the load close to your body.
• Take frequent breaks from repetitive lifting.

For additional back care tips and other ergonomics information, please visit [http://ergostanford.stanford.edu](http://ergostanford.stanford.edu) or call 723-0448.

Stanford University Environmental Health and Safety