

SAFETY MATH

LIFTING

- Stand close to the object
- + Always lift with your legs
- + Feet shoulder width apart
- + Eyes and head up

= **SAFE**



Professor U.B. Wise Says:

1. Know where you are going before lifting.
2. Bend your knees & keep your back straight.
3. Keep the load close to your body.
4. Avoid twisting or bending while carrying.
5. If you're straining, ask for help.
6. Do the math and be "SAFE"



Good Lift



Bad Lift



Good Lift Result



Bad Lift Result