



**SAFE  
WORK**  
MANITOBA™

# TIPS

## SAFE LIFTING

Proper lifting helps prevent back injuries.

### Safe

- Test the weight of the load before lifting.
- Use your leg muscles and keep your back straight.
- Turn your body using your feet.
- Breathe out when lifting.
- Make sure your pathway is clear.



### Unsafe

- Lift with back bent and legs straight.
- Twist your body when lifting.
- Hold your breath when lifting.
- Bend to the side to lift a load.
- Use a back belt.



### For more information

Visit [safemanitoba.com](http://safemanitoba.com) or  
Call 204-957-SAFE (7233) or  
toll-free 1-855-957-SAFE (7233)



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# TIPS

## SAFE LIFTING

### Develop a Safe Lifting Policy

- Assess lifting hazards at the workplace.
- Set safe lifting limits.
- Train supervisors and workers to lift safely.
- Enforce safe lifting among workers.

### Deliver Effective Lift Training

#### Prepare for lift training

- Practice by using workplace examples.

#### Show and explain

- Show workers how to lift different types of loads safely.

#### Watch and examine

- Ask workers to demonstrate safe lifting.  
Provide feedback.

#### Monitor the workers

- Monitor workers to ensure they are following safe lifting practices.

