



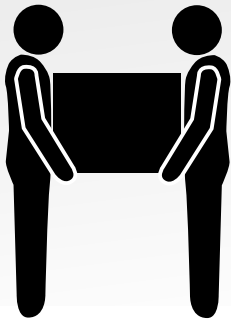
# Who's Got Your BACK?

**Back, Shoulders, Knees and Toes...** Worker injuries hurt the body and the budget.



## Lifting DO'S & DON'TS

**DO** lift as a team



Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.

**DO** turn with legs



Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.

**DO** use your legs



Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.

**DO** use equipment



Do use equipment like hand trucks, dollies or forklifts to do the heavy lifting. It's much less work and less risk of injury.

**DON'T**  
lift bulky loads alone



Don't lift bulky or heavy loads alone. Doing so puts great stress on your lower back muscles and spine.

**DON'T**  
twist when lifting



Don't twist when lifting, lowering or carrying any load, as this increases your risk of back injury.

**DON'T**  
use your back



Don't lift the load with your rear end higher and your head low. Use your leg muscles, not your weaker lower back muscles.

**DON'T**  
lift heavy loads



Don't lift heavy loads when you can use equipment. It is less work and less stress on your lower back.

## Don't Become a Statistic.

US Department of Labor, and Occupational Safety and Health Administration (OSHA)

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