



Moving for Safety

Stand up, sit down, lift this, push that. Moving is a common element in many of our jobs, but it can also cause stress and injuries if done incorrectly. Avoid harm by using proper body mechanics and identifying and minimizing risks.

TRY THIS

Stretch your back and leg muscles — By stretching before you lift or carry, you will perform better and decrease your risk of injury.



Lift and load as close to your body as possible — The weight of the load increases significantly the further away you hold the object.

Use your stronger leg muscles to lift, not your back — Don't bend like a crane. Avoid squatting or bending so low you strain your knees.



Transport loads with a cart or hand truck — Eliminate manual lifting/carrying whenever possible.

Ask for help — It will be much worse for you and your team if you are injured and out for weeks.



ACTIVITY



Be aware of hazards around you and report them



Begin meetings with a safety tip



Start your shift with stretching exercises



Engage your co-workers in safety conversations