TIPS FOR
SAFETY
HANDLING

FROM YOUR CJUSD RISK MANAGEMENT DEPARTMENT

1 USE MECHANICAL **AIDS** WHEREVER POSSIBLE

2 10 lbs — where to? **PLAN** BEFORE YOU START THE MOVE

3 WORK FROM A STABLE **BASE**
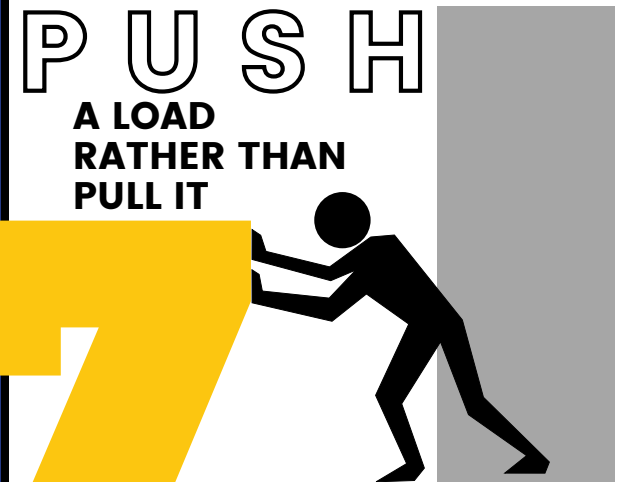
4 **HUG** THE LOAD

5 LB **KNOW** YOUR LIFTING LIMIT

6 **BEND** YOUR KNEES WHEN LIFTING

7 **PUSH** A LOAD RATHER THAN PULL IT

8 **AVOID** TWISTING OR LEANING

9 ALWAYS KEEP YOUR HEAD **UP**

10 WHEN IN DOUBT ASK FOR **HELP**