Over the years, many techniques and methods have been developed to combat injuries related to lifting activities. One technique that is easy to remember is called the Four P’s. Give it a try right now.

- **Plan** your lift: Know where you are going with the load. Make sure the path is clear from point A to point B. Position yourself to avoid twisting. Get help, if necessary.

- **Prepare** for the lift: Position your feet to get close to the load. Point your toes in the direction you want to go after the lift. Face the load squarely. Grasp the load firmly and with two hands. Tighten stomach and buttock muscles. Bend your knees, not your back.

- **Pull** the object close to you: Keep your back straight, but not necessarily erect. Use smooth, continuous, and deliberate motions. Do NOT jerk the load.

- **Pivot**, don’t twist: Keep your feet flat on the floor for stability. Turn by shifting your weight and moving your feet to avoid twisting. Twisting while lifting is the number one cause of injury, especially to the lower back. DON’T TWIST!

**Safe Lifting Techniques**

**Safety Tip #6**

Don’t learn safety by accident.
Additional Information for Presenters
Review the information provided on the reverse side of this safety tip sheet. Please refrain from reading the information verbatim—paraphrase it instead.

Talking Points:
According to the National Safety Council Injury Facts 2004, the number one cause of worker injury are strains, mostly from lifting activities. The average strain-type injury costs $15,232. It pays to lift safely at all times.

OSHA Standards That May Apply:
Currently, OSHA has no specific standard; however, OSHA can use the General Duty Clause to issue citations, fines, and penalties.

Links:
Occupational Safety and Health Administration
www.osha.gov

Minnesota Safety Council
www.mnsafetycouncil.org

National Safety Council
www.nsc.org

Centers for Disease Control and Protection, National Institute for Occupational Safety and Health
www.cdc.gov/niosh

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