

# PROTECT YOUR BACK

## Lifting Tips – Making “Handles”

Handles make boxes and other loads easier and safer to lift. This reduces the strength required to lift as well as shortens the lifting distance. However, in the real world, many loads do not have handles. Workers can “create” handles by tipping the load.

## How Do Handles Make Lifting Easier?

- Handles provide a way to securely grip and support the load
- Handles allow the worker to grip the load in a higher and more accessible position.
- Handles shorten the lifting distance and force needed to lift the load.

## How Do You Create Handles?

Visit CSUDH Environmental Health and Safety for more information.

- Position yourself close to the load. Approach the corner of the item and spread your feet at least shoulder width apart.
- Bend your knees while lifting your head and chest to keep your back in a neutral position.
- Rotate forward and tip the load towards you. This creates “handles” to grip and raises the load off the floor for an easier lift.
- Lift with your legs like an elevator; don't bend over and use your back like a crane.



## Think Before You Lift!

- Safer lifters think about the lift before starting.
- Creating handles reduces the effort needed to lift makes the lift easier to accomplish and safer for your back.



[csudh.edu/ehs](https://csudh.edu/ehs)



(310) 243-3000