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SAFE LIFTING

At the end of the school year, many employees will be packing up, putting away, and cleaning up their areas to get ready for the summer. During these tasks, it is easy to forget about safe lifting basics.



BEFORE YOU START:

- Stretch each muscle for 30 seconds before moving boxes.
- Wear the right shoes. Sandals, open toed shoes, and heels should be avoided.
- Wear the right clothes. Loose clothing can cause you to slip or trip.
- Remove obstacles and tripping hazards before walking with a load.
- Clear extension cords and wires from an area that you are working.
- If the load is too heavy, find a hand truck or dolly.
- Break down the load down into smaller, lighter containers.

PROPER LIFTING:

- Keep your back straight as the diagram shows.
- Do not twist and turn
- Do not obstruct your view.
- Get help and take breaks when you need to.



Most importantly, if your back starts to hurt, **STOP WORKING.**

Take a break, get some help, do something else.

We want you to have a pain-free summer!

This safety message brought to you by:

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