

# Weight Lifting

## Prepare

- ▶ Protect your feet and hands with safety footwear and work gloves.
- ▶ Warm up with stretches.
- ▶ Test the load first.

## TIGHTEN

Tighten your abdominals and breathe out as you lift.

## LOOK

Keep your head up and looking forward.

## GRIP

Use both hands, and grasp opposite corners.

## HOLD

Hold the object close and keep your back straight.

## BALANCE

Keep your behind out to balance the load.

## LIFT

Lift using your legs.

## STABILIZE

Take a wide stance, with one foot slightly forward.

**IF IT'S TOO HEAVY, USE A LIFTING DEVICE OR GET SOMEONE TO HELP**