

It's smart to use material moving equipment to get materials from one place to another, but once the material gets to our general work area, it must be carried to where it will be installed. To prevent back strain and other muscle strains, use one of the following lifting techniques.

- Briefly stretch your back before you lift anything heavy. Stand upright with your feet slightly apart. Place your hands in the small of your back. Bend your trunk backwards at the waist as far as you can using your hands as a support. Hold it for two seconds then return to the starting position. Repeat the process 10 times trying to bend backwards a little further each time.  
**Be sure to keep your knees straight as you perform this exercise.**
- Test the load before lifting anything that you are not familiar with. If it is too heavy or bulky, get help.
- **Lifting Techniques**  
No matter what type of lifting you do, these practices always apply. Keep the object close to your body. Keep the natural curves in your back. Pivot with your feet when you need to turn. Never twist your back.
- **Basic Lift**  
Get as close to the object as you can. Establish a solid base of support with your feet. Bend your knees. Keep your butt down. Get a firm grip on the object. Tuck your arms and elbows in. Keep your head up. Use your legs to raise your body and the object. Lift slowly and smoothly. Never jerk or twist while lifting the object.
- **One-Knee Lift**  
Get as close to the object as you possibly can. Get down on one knee. Lift the object to your other knee and pull it in close to your body. Get a firm grip on the object. Keep your butt down and your head up. Lift smoothly with your legs. Never jerk or twist while lifting the object.