



# SMART LIFTING

(Safe Lifting Techniques)

**S.** *Size up the load*

**M.** *Move the load as close to your body as possible*

**A.** *Always bend your knees*

**R.** *Raise the load with your legs while keeping your back straight/maintaining the normal curve of your spine*

**T.** *Turn your head and feet in the direction you want to move the load (your nose follows your toes)*

