

RULES OF LIFTING

THINK - SQUAT - LIFT



- ✓ Plan your lift
- ✓ Ask for help if necessary
- ✓ Get a firm footing

- ✓ Bend your knees to squat
- ✓ Tighten your stomach
- ✓ Lift with your legs



- ✓ Keep the load close
- ✓ Keep your back upright

- ✓ Push. Don't pull heavy objects.
- ✓ Lift smoothly. Don't jerk the object you are lifting!



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