

Quick Tips for Lifting

Lift in the power zone

- Above the knees
- Close to the body
- Below the shoulders
- Avoid twisting



Rearrange storage

Move heavy items to waist level. If needed, use team lifting.



Use a cart

Slide instead of lifting.



Break down large loads

Several lighter lifts are safer.

Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 360-902-5797. L&I is an equal opportunity employer.



Use a hand truck

Move heavy items without lifting.

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Division of Occupational Safety and Health



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1-800-423-7233



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