



# lift smart, stay safe: essential lifting techniques.

Maintaining safety is everyone's responsibility. Follow these steps to lift materials safely:

## think before lifting/handling

Plan the lift. Can you use handling aids? Identify where the load will be placed. Remove obstructions such as discarded wrapping materials.

## test the weight first

Poke the item to gauge its weight. Don't lift more than you can manage.

## adopt a stable position

Stable position: Stand with feet shoulder-width apart. Bend your knees, keep your back straight, and tighten your stomach muscles.

## lift with your legs, not your back

Lift smoothly without jerking.

## keep the item you're lifting close

Hold the load close: Use your whole hand for a firm grip.

## keep your back straight

Keep elbows in and point your toes where you want to go.

## keep your head up when handling

Look ahead, not down at the load, once it's secure.

## turn with a straight back

Turn properly: Move your feet to change direction; avoid twisting or bending.

## put down first, then adjust

For precise positioning, place the load down first, then slide it into position.

## lifting below knee or above shoulder

Ask your employer for proper techniques or aids.

---

For more information, contact your randstad representative.

### sources:

Government of Ontario: <https://www.ontario.ca/document/manual-materials-handling>

CCOHS: [https://www.ccohs.ca/oshanswers/ergonomics/mmh/hlth\\_haz.html](https://www.ccohs.ca/oshanswers/ergonomics/mmh/hlth_haz.html)

20%

Back injuries account for approximately 20% of all work-related injuries in Canada (AWCBC).