# Weight

# Prepare

- Protect your feet and hands with safety footwear and work gloves.
- Warm up with stretches.
- Test the load first.

Hold the object close and keep your back straight.

### TIGHTER

**Tighten your** abdominals and breathe out as you lift.

### LOOK

Keep your head up and looking forward.

## RALANCE

**Keep your behind** out to balance the load.

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Lift using your legs.

#### GRIP

Use both hands, and grasp opposite corners. ABILIZE

Take a wide stance, with one foot slightly forward.

IF IT'S TOO HEAVY, USE A LIFTING DEVICE OR GET SOMEONE TO HELP