



## SAFETY ALERT!

*An early childhood worker was recently injured when attempting to lift more than one table at a time. The tables had been stacked for floor cleaning/waxing.*



**Take five seconds! Think about the task ahead. Before you lift something, ask yourself these questions:**

- How heavy is the load?
- Will it be awkward to control?
- Should I ask for help?
- Does it have sharp edges?
- Will it be slippery or awkward to lift?
- Is my pathway clear?
- Will I be able to see where I am going?
- Is there a safe way to grip the load?



**Body mechanics are are very important.**

- Keep your feet:
  - Close to the object.
  - Shoulder-width apart for good balance.
  - One foot slightly ahead of the other to help keep your center of gravity under control.
- Bend your knees and use your thighs - the largest muscles in your body - to assist you.
- Keep your back as straight and vertical as possible.
- Lift as you straighten your legs.
- Keep the load close to your body. The further the load is from your body the more force is placed on your back.



***Think first - take five seconds - what's the safest way to do the job?***