



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?