

**SAN JOAQUIN COUNTY
MOSQUITO & VECTOR CONTROL DISTRICT**

FEBRUARY 23, 2010

Healthy Tips

Ergonomics

Proper lifting techniques: reduce injuries by lifting properly.



Before you begin:

- Assess the weight of the object before lifting.
 - Know your lifting limit.
 - Examine the object for potential hazards.
 - Ask for help if needed, or divide the load to make it lighter.
 - Make sure the area around you is free of clutter.
1. Stand close to the load with your feet shoulder width apart.
 2. Squat down keeping your back in neutral posture.
 3. Get a firm close grasp of the object before beginning the lift.
 4. Lift with your LEGS and in a NON-JERKY manner.
 5. Keep the object close to the body within your base of support. Finish the lift maintaining a good base of support and neutral spine.