

# Reduce

## the Risk of Back Injuries

### Safe lifting tips

- Bring the load close to your body.
- Straddle load with one foot beside it and one foot just behind it.
- Don't twist your body. If you must turn, move your feet.
- Bend your knees and keep your back straight.
- Lift in a slow, even motion.
- Ask for assistance with heavy loads.\*

### Packing tips

- Don't fill boxes to more than recommended limits.\*
- Don't use boxes that are bigger than shoulder width.
- Don't use boxes that come up higher than shoulder height when being carried.
- Select packaging that has handles or can have handles attached.

\* Generally not heavier than 40 to 50 pounds.

OSHA is dedicated to promoting the safety and health of America's workers by setting and enforcing standards, providing training, conducting outreach and building partnerships. OSHA and the Precision Metalforming Association have created an alliance to help promote safety in the metalforming industry. For more information, talk to your employer, or visit [www.osha.gov](http://www.osha.gov) or [www.pma.org](http://www.pma.org).

Through the OSHA and Precision Metalforming Association (PMA) Alliance, PMA developed this poster for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. March 2008

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