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.