

# SAFE MATERIAL HANDLING

## Do's

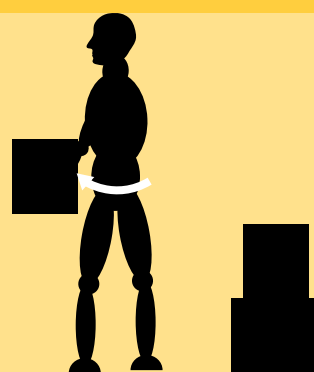
## Don'ts

### Turn

Keep the load directly in front of you by turning your feet

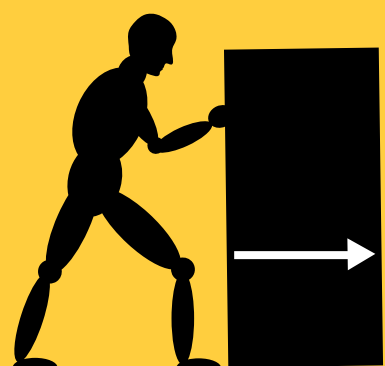


### Twist

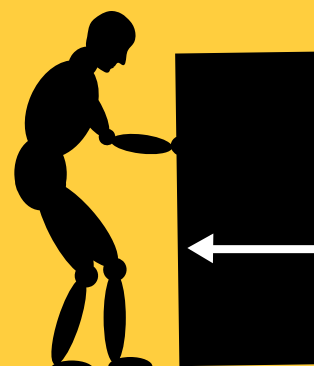


### Push

Keep the load at your torso and push vs pull

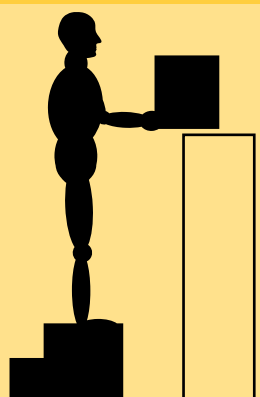


### Pull

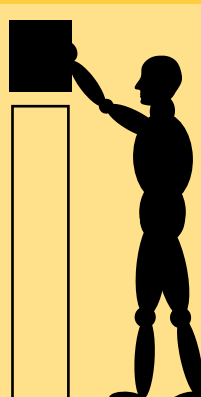


### Assisted Reach

Using a step to help you reach your load

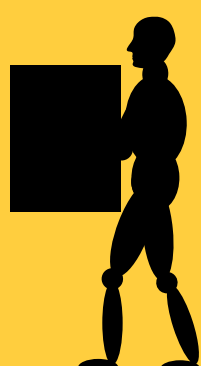


### Reach Above Head

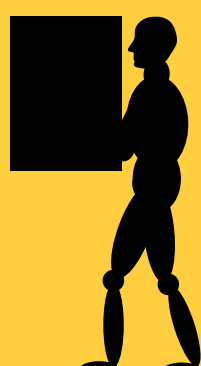


### Keep a Clear View

Don't strain yourself trying to look over a load (as well as keeping others safe!)

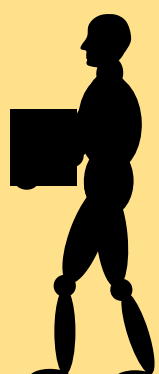


### Block View

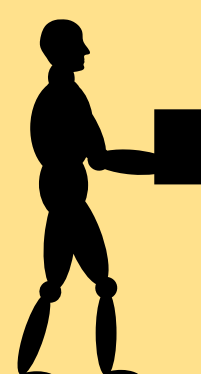


### Close

Keep the loads close to your torso

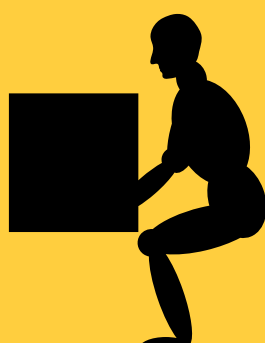


### Far Away



### Bend with Knees

Bending with your knees keeps the curves in your back when lifting heavy loads



### Bend with Back

