

SAFE MATERIAL HANDLING

Do's **Don'ts** Turn **Twist Keep the load** directly in front of you by turning your feet Push Pull **Keep the load at your** torso and push vs pull **Assisted Reach Reach Above Head** Using a step to help you reach your load **Block View Keep a Clear View** Don't strain yourself trying to look over a load (as well as keeping others safe!) Close **Far Away Keep the loads** close to your torso **Bend with Knees Bend with Back Bending with your knees** keeps the curves in your back when lifting heavy loads

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