



# MONTANA MUNICIPAL INTERLOCAL AUTHORITY

## SAFE LIFTING AND BEYOND

PO Box 6669 Helena, MT 59604-6669 | (800) 635-3089 | [www.mmia.net](http://www.mmia.net)



### Safe Lifting – The Pre-Lift

1. **Organize storage to promote safe lifting.** Store heavy/awkward items and frequently used items in the lifting power zone (above knees and below shoulders).
2. **Wear appropriate footwear.** Wear shoes that have good traction to prevent slip and falls. Make sure shoes are in good condition and provide adequate support to reduce joint fatigue. Shoes should fully enclose the foot – no flip flops or crocs!
3. **Promote good housekeeping.** Keep work areas free of trip hazards.
4. **Warm-up & Stretch!** Simple exercises prior to lifting can do much to prevent injury.
5. **Plan the lift.** Don't lift too much alone – get help or use a mechanical aid. Scout out your route and look for trip hazards.

### Safe Lifting – The Lift

1. **Bend the knees and keep the back upright** (ears, shoulders and hips in a straight line). Use the leg muscles to lift the load. Avoid the bent-over lifting posture.
2. **Keep a clear line of sight.** Take smaller loads or use a mechanical aid to ensure you have a clear view of where you are going.
3. **Keep loads close to the body.** Loads held away from the body put more strain on the back.
4. **Don't twist** the spine. Pivot and shift the feet instead. The worst thing you can do is to combine the bent-over posture with a twisted back.



Member owned. Member driven.

# We are you.