



RISK REMINDER

Proper Lifting Technique

Incorrect lifting technique is one of the leading causes of workplace injuries. Improper lifting places undue stress on the lower back. By bending the knees and keeping the back straight, the load is distributed more evenly, reducing the strain on the spine.

Practice Proper Lifting

RIGHT



WRONG



- Face the object
- Tuck your pelvis
- Bend straight down using your knees
- Place both hands under the object
- Hold the object close
- Lift with your legs, stand straight up

**AVOID TWISTING
OR TURNING**

For more information, contact TOIRMA at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7