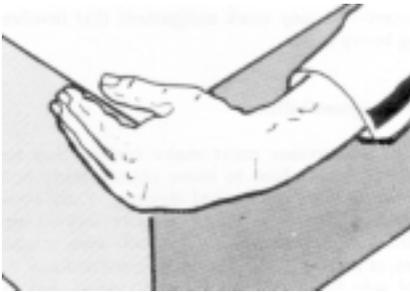




Step 1. Make sure your feet are firmly placed about 24–40 cm (10–15 in.) apart. Place one foot alongside the object being lifted and the other behind it.



Step 4. Tuck arms and elbows into the side of the body and position the body so that your weight is centered.



Step 2. Grasp the object using the palmer grip—the fingers and the hand should be extended around the object to be lifted using the full palm.



Step 5. Start lifting with a thrust of the rear foot, keeping the object close to your body as you lift with your legs—not with your back.



Step 3. Using the knee-bend or squatting position, keep the back straight. Tuck in the chin so the neck and head continue the straight back line.



Step 6. Carry the load close to your body—not on extended arms. To turn or change your position, shift your feet. Do not twist your back.

Figure 29-2. Proper techniques for manually lifting materials.