



# ERGO BULLETIN

## Power Lift Tips for the Material Handler

Lifting plays a big role in everyday life and work from doing the laundry and grocery shopping to unloading pallets and restocking the copy machine. The amount of strain you place on the muscles, ligaments and discs of your back is directly related to the way in which you lift or you're "Workstyle." Try some of the helpful tips below for improving your lifting "Workstyle" with the Power Lift. Your back may just say thank you!



PHOTO A



PHOTO B



PHOTO C

### Power Lift Basics For All Size and Weight Loads

- Remember to warm up. Having your body prepared for lifting will make the job easier and safer. Try our Stretch for Safety Program.
- **Photo A** - Set your feet wider than shoulder width apart for balance and weight distribution.
- **Photo B** - Keep your head up! This helps to keep your back in the low stress posture.
- **Photo C** - To improve access to the object being lifted, try staggering your feet.
- Always keep that load as close to your body as possible.
- Don't twist! Instead try "moving your feet" which keeps your hips and shoulders moving together.
- Move smoothly and avoid quick jerky movements.
- Exhaling while you lift. This can help your abdominals provide support and keep you more relaxed!
- When possible use hand trucks, carts or other assistive devices to lighten the load.



One Beacon Centre • Warwick, RI 02886-1378 • 1.888.886.4450  
For more information, contact Beacon Mutual's Loss Prevention Division  
at 401.825.2731 or visit [www.beaconmutual.com](http://www.beaconmutual.com)

This material is being provided to you as a service of The Beacon Mutual Insurance company for information purposes only and is not intended, nor should it be relied upon, as a comprehensive statement of all possible work-related hazards to your employees or of the federal, state or local laws and regulations which may be applicable to your business. Any premises inspections made by Beacon Mutual representatives are completed without representation or warranty as to the utility or completeness of such inspections. Suggestions regarding the use of a particular product or safety technique are not an endorsement of the product or technique. It is your responsibility to develop and implement your loss prevention policies. You should direct questions concerning specific situations to informed and appropriate advisors.