

# Safe Lifting Zone

Ask yourself the following questions to ensure safety.

- **Is the load height located inside my safe lifting zone?**

If the load is below knee level—bend your knees and lift with your legs. If the load is above your shoulders—use a stool or ladder.

- **Must I twist or stretch to get it?**

Readjust the load or your position before you lift. Get help. Make sure you have the right equipment, i.e., hand trucks, forklifts, dolly, etc.

- **Have I stretched my muscles or warmed up before lifting?**

- **Am I wearing slip-resistant footwear?**

- **Have I cleared a pathway before moving the item?**

- **Do I need a dolly or hand truck?**



**Franciscan**

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