

# MATERIAL HANDLING SAFETY

- Always check the load before attempting to lift
- Never lift a heavy object above shoulder level
- Avoid turning or twisting your body when lifting
- Never lift anything unless you are sure you can do so safely
- Don't hesitate to ask for help



- Always use gloves when handling pallets
- When lifting always bend at the knees, do not twist, lift with your legs, and keep the load close to your body.
- Always keep your work area clear and free of debris

