

## Appendix 5-13

### TO SAFELY LIFT AN OBJECT

1. Gain a firm footing and squat so that your knees are bent and your back is vertical.
1. Grasp the object securely.
2. Keep your back straight.
3. Lift, using your leg muscles, straightening them as you stand.
4. To set the object on the floor, slowly bend your knees while keeping your back straight.