How to lift safely

If something isn't too big or heavy, and you can lift it, here's how to do it:

- Reach down for the object, bending your knees

- Raise the object to be lifted

- Put one knee against the object

- Pull the object up

- Stand up using your legs to lift, keeping your back straight

- Always keep your back straight

- Always carry the object as close to your body as possible.