

## Lifting Tips

Gardening can be fun but it's the heavy lifting that's no easy feat. The following back safety tips can help you:

### Safe lifting on your own

1. Stand close to the load to be lifted
2. Place your feet shoulder-width apart
3. Keep your back straight
4. Squat down to the object's level and test the weight of the load
5. Use the strength of your leg and arm muscles to smoothly and slowly lift the load
6. Keep the load close to your body
7. Pivot to turn and face the intended direction of travel. Proceed with the load
8. Avoid twisting your body while carrying the load
9. Bend your knees and slowly lower the load to its intended place

