

PROPER LIFTING

Improper lifting is one of the most common ways for back injuries to occur.
20% of all work related injuries are to the back.
Don't let this happen to you!



Think SMART

S - Size up the load

M - Move close to the load.

A - Always bend your knees

R - Raise object with your legs

T - Turn by moving your feet



West Fraser Mills Ltd.

Supervisor
Crew
Talk