

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