



### Key Messages:

- Avoid lifting from awkward postures.
- Avoid poorly designed carrying equipment. In the illustration, carrying basket has no handles and has to be carried too far from the body.
- Use equipment that can help avoid awkward bending, promotes easy handling, and allows for the load to be carried closer to the body.
- Consider two-person carrying equipment to distribute weight.
- Use proper lifting techniques.

Pictograms developed by the Institute for Work and Health and Workplace Safety & Prevention Services.

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