



## The Safe Lifting 'Pre-Lift' Checklist

Before you even touch the load, run through these six checks:

**STOP and PAUSE Before Taking Action. Be Mindful of the Task(s) to Perform.**

### 1. The "Test Tilt"

- **Action:** Gently push or tilt the object with your foot or hand.
- **Goal:** Check if the contents are shifty, top-heavy, or way heavier than the packaging suggests.



### 2. Team Lift

- **Action:** Follow your lifting policy on maximum weight *AND* your comfort lift weight max.
  - Decide if a Team Lift is necessary and get help.
  - Consider mechanical lift assistance.



### 3. The Path Clearance



- **Action:** Look at where you are going.
- **Goal:** Ensure there are no trip hazards, wet spots, or closed doors in your way. You don't want to be "blind-carrying" into an obstacle.

### 4. The "Power Zone" Alignment

- **Action:** Position your feet shoulder-width apart, with one foot slightly ahead of the other for balance.
- **Goal:** Get as close to the object as possible. If you have to reach for it, you've already lost the safety battle.



### 5. The Grip Check

- **Action:** Use your whole hand, not just your fingers.
- **Goal:** Find diagonal corners of the box to stabilize the load. If it's slippery, stop and get gloves.

### 6. The "Nose-to-Toes" Rule

- **Action:** Point your feet in the direction you intend to move.
- **Goal:** Commit to **pivoting**, not twisting. If your nose and your toes aren't pointing the same way, your spine is under torque.