

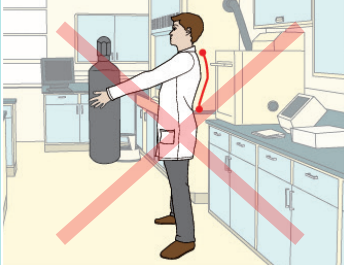


# lifting

## SAFETY CARD

1

Holding Away from the Body



Hold Item Close to Body



2

Struggling with Something Too Heavy



Buddy Lift or Lifting Equipment



3

Bending at the Waist



Bend at the Knees



4

Overreaching



Stay within the Power Zone



5

Twisting and Lifting



Turning with Feet



For more information on lifting safety, please visit [nsc.nasa.gov/lifting](https://nsc.nasa.gov/lifting)

If you would like your workplace assessed for lifting safety, please contact your Center's Ergonomics or Safety Office representative. In the event of injury, mishap or close call, please notify your Safety Office.