

# PROPER LIFTING

35 lbs.  
15.8 kg.

*Maximum weight for lifts and transfers  
when the conditions are ideal.*

- Bend your knees and squat
- Use muscles in legs and arms, not your back
- Keep items close to your body



To safely lift students,  
**USE A LIFT!**

Lifting a person is more complicated  
and risky than lifting objects.

