



Basic Principles for Safe Lifting and Transfers

1. **Plan ahead before you lift or transfer.**
2. **Lift close to your body.**
3. **Feet shoulder width apart.**
4. **Bend your knees and keep your back straight (bathroom stance ☺)**
5. **Tighten your stomach muscles.**
6. **Lift with your legs.**
7. **If you're straining, get help immediately!**

1. <http://orthopedics.about.com/cs/backpain/ht/lift.htm>
2. <http://orthoinfo.aaos.org/topic.cfm?topic=A00096>