

- Push rather than pull.
- Raise surface to avoid bending.
- Use your legs and lunge into object to get it moving.
- Keep your back straight.
- Use both arms and keep elbows in when pushing.
- Push with two arms and keep elbows by your side.
- Keep stomach tight when pushing.
- If pulling; avoid pulling with one arm and twisting back.
- Ask for help when needed.
- Use motorize cart to reduce back strain.



Keep back straight and lunge to get the object moving



Push rather than pull