



MISSISSIPPI MUNICIPAL  
SERVICE COMPANY

# BULLETIN

## Lifting Techniques

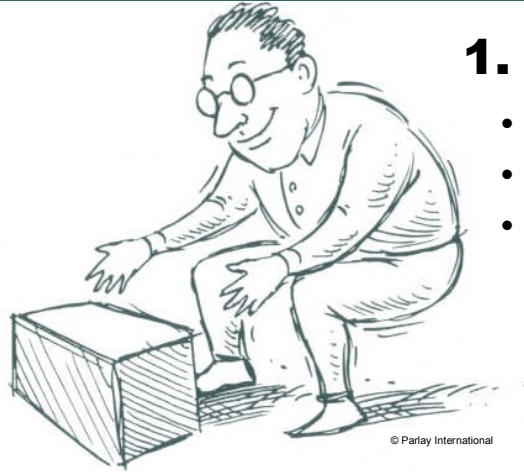


**MAJORITY  
OF BACK  
CLAIMS  
INVOLVE  
TWISTING**

MISSISSIPPI MUNICIPAL  
SERVICE COMPANY

600 East Amite Street, Suite 200  
Jackson, MS 39201

Phone: 601-355-8581  
Toll Free: 800-898-1032  
Fax: 601-355-8584  
info@msmsc.com  
www.msmsc.com



### 1. BEND YOUR KNEES

- Keep Back Straight
- Tighten Stomach Muscles
- Lift With Leg Muscles

### 2. "Hug" The Load

- Keep Load Close To Body
- Arm's Length Is 10x's Heavier Than Against Body
- Keep Back Aligned



### 3. Don't Twist

- A Majority of Back Claims Involves Twisting
- Don't "Over Do" It
- Pivot Feet



### Lifting Extras

- ◆ Heavy Objects - Get Help!
- ◆ Use Lifting Equipment
- ◆ Push Instead Of Pull
- ◆ Look Up When Lifting

The information and services furnished by Mississippi Municipal Service Company are advisory only and are designed solely to assist our members in maintaining its own loss prevention activities, and are not intended to replace the member's own efforts in providing safety for employees, public, and/or property from its premises, operations, or products. Mississippi Municipal Service Company assumes no liability whatsoever for any loss, injury, death, damage, or expense arising out of its services. The suggestions contained in this handout are advisory only and do not attempt to list or address all of the potential hazards or identify all possible corrective measures.