



LIFTING BULKY OBJECTS

Have you ever had to lift a sofa, easy chair, commode or any number of big bulky objects? Did you use your back or your legs?

Even though the object you wish to handle is large, you can still keep it close if you learn to approach from a **45° angle** and **tip the load**. This way you have a much better chance to get nice and close. Always tip the load **toward you** and not away from you. You will be surprised how much easier large bulky objects will be to handle.

Sometimes the load is too **tall** or too **large** to tip it toward you. In these cases learn to tip the load **away from you** but then **step around it** to get close. But remember, if the task is too much for you, get help before you get hurt instead of after.