

PUSHING TO MOVE EQUIPMENT

Use your <u>entire body to push</u> heavy equipment around, not just your back. Take a <u>twice shoulder width stance at an angle to the equipment</u> you are moving. As you <u>bend your knees to lower your center of gravity</u>, push with your legs, arms and your body weight. This will keep the load off of your back so you can return to work tomorrow and the next day! © Copyright Risk Management Consultants Ltd.