



1. Sometimes the task demands that the load is lifted straight up instead of sliding it to you first . When you are faced with this situation, do not back lift. Back lifting means that your body must absorb the weight of the load. Instead use the Lean-Bar Technique.
2. Notice in the illustration that a padded lean-bar has been installed on the roller conveyor. This allows the worker to lean his thighs into the lean-bar, taking the load off of his back. This transfers the weight of the load back to the lean-bar so your body doesn't have to absorb it.

## LEAN-BAR LIFTING