**Tool Box Talk - The "Don'ts" of Lifting**

Today we are going to review the don’ts of lifting.

* Avoid heavy, manual jobs if you have had previous back injuries, are underweight or overweight, or have a special medical problem such as a weak heart or high blood pressure.
* Never lift more than you can easily handle.
* Never lift with a rounded back and straight legs.
* Avoid twisting your body when lifting or carrying.
* Move your feet to change direction.
* Never lift from an unbalanced position. This means no lifting from one knee or reaching over another object to lift.
* Never carry a load that blocks your view ahead.

This toolbox topic was reviewed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the following employees: