

# SAFETY FIRST

## PROPER LIFTING TECHNIQUES

Working in solid waste management often involves physically demanding tasks, including lifting heavy objects. Improper lifting techniques can lead to serious injuries such as strains, sprains, and even more severe musculoskeletal issues.

To prevent these injuries and ensure a safe working environment, follow proper lifting techniques.



- Assess the load.
- Warm up.
- Use proper lifting posture.
- Get a good grip.
- Avoid twisting.
- Take breaks.
- Stay hydrated and maintain a healthy lifestyle.
- Wear proper footwear.
- Seek training and education.
- Speak up and ask for help if needed.

By following these safe lifting techniques, solid waste management professionals can reduce the risk of injuries and create a safer work environment. Remember, taking care of your body and using proper lifting techniques are essential for staying healthy and productive in your line of work. [Learn more in a blog post by SWANA.](#)

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