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# WORKSAFE

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## ► Ergonomic Safety Rules for Moving Objects

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**Many injuries occur when objects or people are being lifted or moved, in particular when these objects are unpredictable in their movement. Check your own body position before you handle objects or move people.**

The following rules will help keep you safe:

- Get close to what you are moving and get it in front of you.
- Trunk upright on pelvis (keeping your back as straight as possible).
- Pelvis stabilized (tummy and buttocks tight).
- Balanced stance (feet wide apart).
- Elbows hugging sides.
- Shoulders in neutral position (not hiked up).
- Arms/shoulders stabilized (they should not move).
- No reaching forward or sideways with arms (elbows near sides).
- Wrists straight.
- No twisting or bending the back (move your feet/hips & knees instead).
- Movement occurs by shifting weight smoothly from one leg to the other.

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SAFE.  
LIVE  
SAFE.  
BE  
SAFE.**

Fact sheet: [Ergonomics - Safety Rules](#)

Adapted from: [www.whscc.nl.ca/prevention/publications.whscc](http://www.whscc.nl.ca/prevention/publications.whscc)