

Get a handle on the load!

Remember there is a difference between what you **can** lift and what you **can safely** lift (without causing injury)!



Think before you lift. Assess the load and plan your route carefully. Ask for help if needed.



Adopt a stable stance and be aware that footwear, surfaces or restrictive clothing may affect your stability.



Get a good grip. Hold the load close to your body. Maintain a good posture (slight bend in back, hips & knees).



Move smoothly, head up and avoid twisting. Place the load down carefully and slowly.



Don't lift fallen guests. Remove their equipment and encourage them to get up on their own, if possible.



Participate in Safety Talk meetings and keep your personal safety in mind at all times.



Getting injured at work might cost you the perfect powder day.