SAFETY FROM THE TRUCK TO THE DOOR

1. Use proper lifting techniques.

-Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift.

-Never lift a heavy object above shoulder level.

-Avoid turning or twisting your body while lifting or holding a heavy object.

2. Use a hand truck when necessary.

3. Use the path of least resistance when moving from the truck to the front door.

4. Be aware of the dimensions of the package you are carrying.

5. Look out for unexpected obstacles.

 

 