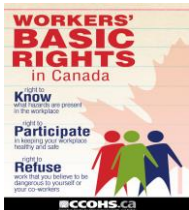


NU Monthly Safety Newsletter

October 2023

Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



Safe Lifting Tips:

- Have a stable base support.
- Bend at the hips and knees only until you're in a squatting position.
- Keep your head up and straight with your shoulders back to keep your back straight.
- Hold the load as close to your body as possible at waist height.
- Engage your core muscles as you push against the Ground and straighten your legs.

The Don'ts to keep in mind for good lifting.

- Never twist your torso while lifting.
- Never lift a heavy item above shoulder level.
- Never carry a load that obstructs your vision.
- Never hold your breath while lifting, moving and setting the load down.



Settling down a Load Safely:

- Keep the load close to your body and your back straight or slightly arched.
- Squat down, bending only at the knees and hips.
- Tighten your stomach muscles (engage your core) as you lower yourself.
- Kneel on one knee if necessary.

For more information on Safe lifting techniques, please visit the link below:

[Safe lifting: 10 tips and videos of how to lift properly \(wsps.ca\)](https://www.wsps.ca)

