25% of campus injuries are related to lifting, such as when people:

- Load & unload the car
- Move out of & into a new office space
- Lift item(s) too heavy for one person
- Reach for something on the floor
- Frequently lift light items from the floor

Take Precautions:

- Review your ergonomic resources
- Have a plan, no matter how light or heavy the item
- Anticipate hazards
- Apply safe lifting techniques
- SOS Representatives: Post this flyer & complete the Hazard Identification Checklist to identify Ergonomics-related hazards in your work unit