

# Drivers have lifting injuries too!



Safe lifting techniques apply to truck drivers too! Scrap recycling drivers often find it necessary to handle scrap while at customer locations when loading or while at the scrapyards when offloading. Proper material handling techniques are essential to prevent injuries. Follow these golden rules of safe lifting:

- Use your leg muscles – not your back muscles
- Bend your knees – don't bend at the waist
- Keep the load close to your body
- Keep arms and elbows close to your body
- Stagger your feet for a solid stance
- Avoid twisting while lifting

And always get help with heavy, awkward or cumbersome pieces.