



Skilled Lifters

- Know how much of a load they can handle; never lift beyond their strength; and get help if they need it.
- Get a good grip on the load, keeping it close to their bodies while lifting.
- Lift with their legs, not with their backs.
- Lift gradually, avoiding quick, jerky motions.
- Turn feet, not hips or shoulders, if turning is required.

No matter what you lift, it will be a lot easier if you use these lifting skills.



Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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The company has \$4.8 billion in total assets and an enterprise surplus of \$1.4 billion. The CopperPoint Family of Insurance Companies include CopperPoint, Alaska National and PacificComp. All companies are rated A (Excellent) by AM Best.