



Techniques to Help You
Prevent Injuries

Lift Safe in the Workplace

Learn more at this Free Seminar!

9 a.m. to 10 a.m.

Friday, Oct. 22, 2010

at RTEC, 1200 W. 21st St. in Yankton

HR Manager Offers Seminar Testimonial

“ The ‘Lift Safe’ and ‘Sit Fit’ presentations were a good review for our company’s health and safety programs. The videos provided a good overview of basic stretching exercises performed correctly, plus the demonstrations of some stretches by the presenters kept the participants involved. Our associates went away recognizing the benefits of stretching and overall wellness, with handouts which were a good reinforcement of what they learned. ”

- Rhonda Kocer
Kolberg-Pioneer, Inc.
Human Resource Manager
after attending in 2009.

Top 7 Culprits for Lost Time and Injuries

- 1 Slippery floors, steps and walkways.
- 2 Repetitive motion disorders.
- 3 The handling of parts and materials.
- 4 Vehicle mishaps and accidents.
- 5 Working with and around machinery.
- 6 The handling of tools and instruments.
- 7 Lifting or moving heavy, bulky or unsafe containers.

Proper Lifting Techniques

- 1 Keep your feet shoulder width apart while standing close to the load and center yourself over it.
- 2 Make sure your abdominal muscles are tight.
- 3 Keeping your back straight, bend with your knees and squat down to the floor.
- 4 Make sure you have a good grasp on the load with both hands.
- 5 Keeping the load close to your body, use your leg muscles to lift the load.
- 6 Your back should remain straight throughout the lift, using only leg muscles to lift the load.
- 7 Do not twist your body when moving the load; make several small steps while turning until you are in the correct position.
- 8 Bend your knees using only your leg muscles and place the load in the appropriate spot.

Breakfast will be provided by First Chiropractic Center.

“Let us help you on your journey toward better health.”



Please RSVP to Katie Wintz at (605) 668-5700 or kwintz@rtcedu.org.