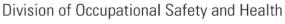# Store it off the floor

Place heavy items at waist level.

Lifting from floor level doubles your risk of back injury.

Safety meeting talking points

- The best place to put heavy things or things you use often is at waist level.

- Lifting from the floor is twice as risky as lifting while you're standing upright.

- When you lift something from floor level, you have to bend down. That means you're also lifting the weight of your own upper body when you come back up.

- Good lifting technique helps some. But there's still a lot of stress on your back when you're lifting from the floor, even when you bend your knees.

- Lifting above your shoulders puts you at risk for neck and shoulder injuries.

- We shouldn't be storing anything heavy overhead, because falling objects can injure you.

Discussion question

- What are some ways that we can keep more things at waist level in our workplace?