Safe Lifting and Carrying Techniques for Ski Area Employees (4 min)



Lifting – carrying – we do it all the time. Sometimes it’s something simple as a piece of paper off the ground – other times it’s something heavy like a fallen skier. They both have one thing in common, they can injure your back if not performed properly. But the good news is, they can all be performed properly, and if you do, you shouldn’t experience any discomfort, pain or debilitating injuries. Yes, there’s a safe way to lift anything and this program shows you how.