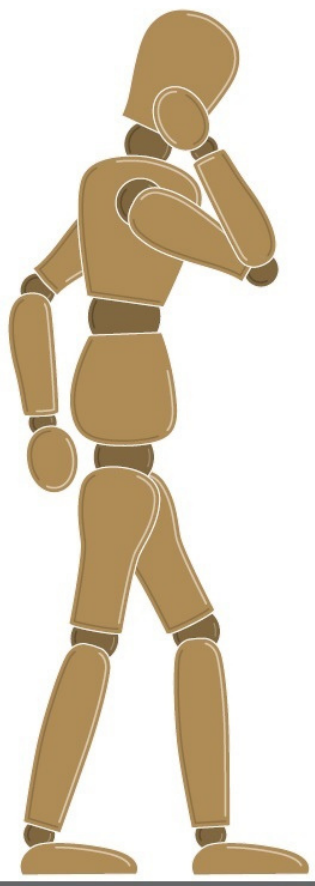


USE THE CORRECT LIFTING TECHNIQUE

Follow these 7 simple steps to reduce injury when lifting and handling.



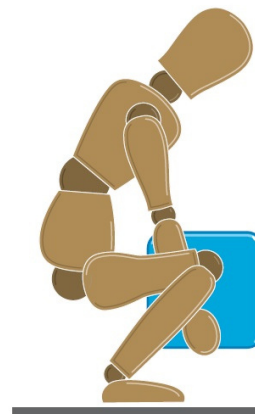
1 THINK BEFORE LIFTING

Plan the lift. Can handling aids be used? Where is the load going to be placed?



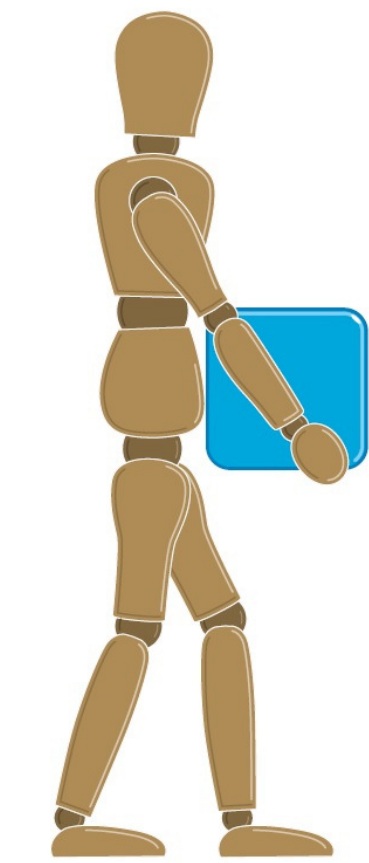
2 ADOPT A STABLE POSITION

The feet should be apart with one leg slightly forward to maintain balance.



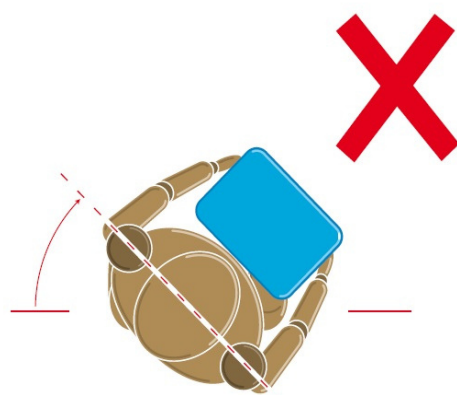
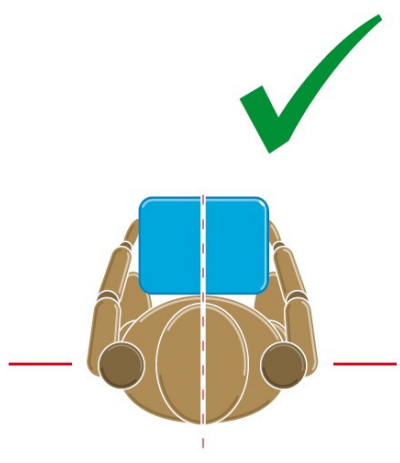
3 GET A GOOD HOLD

Start in a good posture. At the start of the lift, slight bending of the back, hips and knees is preferable.



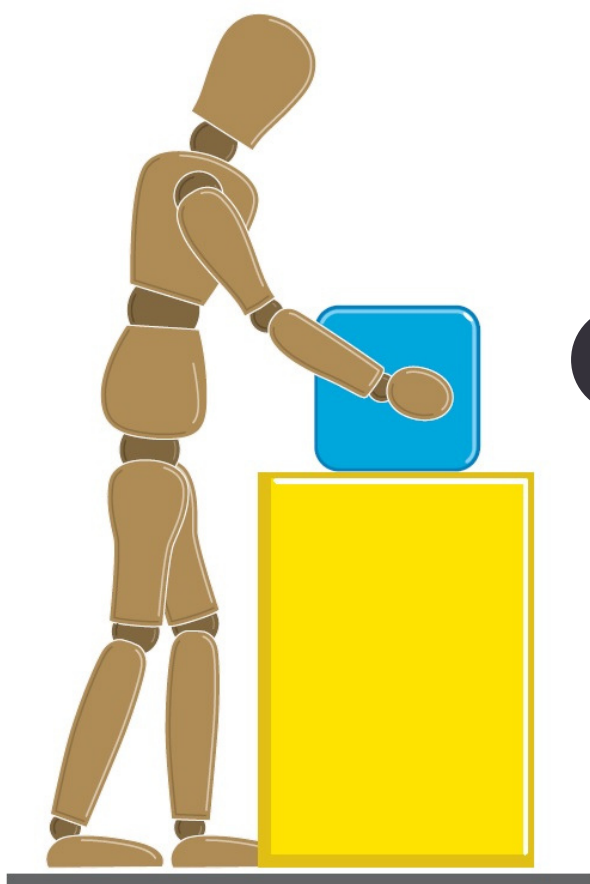
4 KEEP THE LOAD CLOSE

Keep the load close to the body for as long as possible while lifting.



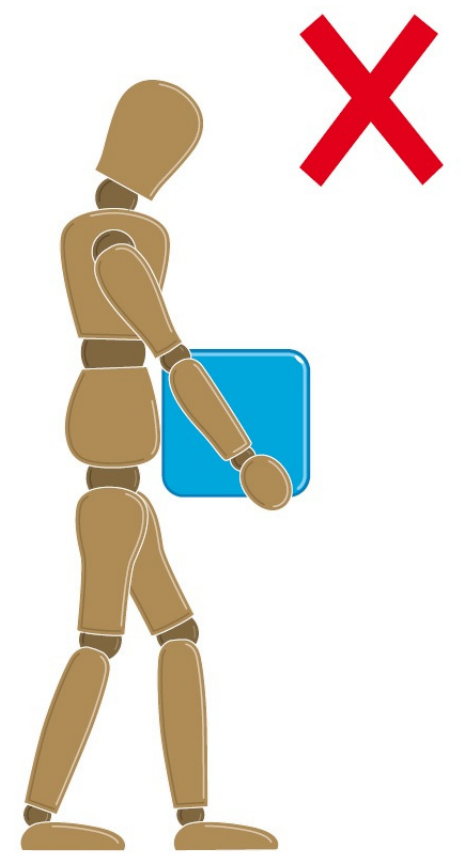
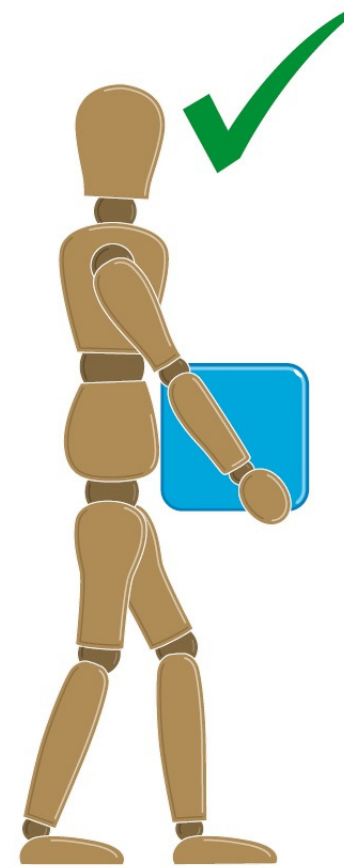
5 AVOID TWISTING OR LEANING

Avoid twisting the back or leaning sideways, especially while the back is bent. Turning by moving the feet rather than twisting.



7 PUT DOWN, THEN ADJUST

If precise positioning of the load is necessary, put it down first, then slide it into the desired position.



6 KEEP THE HEAD UP WHEN HANDLING

Look ahead, not down at the load, once it has been held securely. Don't lift or handle more than can be easily managed.



see



care



share