

## Stop and Think before lifting / handling

Notify your Team Leader of any medical condition that could affect your ability to handle loads, e.g. illness, pregnancy or existing injury.

### Do Not

Attempt to lift more than you can easily manage. Do not continue the task if you feel pain/discomfort. Tell your Team Leader.

### How to lift safely



### Plan the lift

- Gently rock the load to test the weight and its distribution
- Check whether you need to move it at all, use lifting aids if they're available
- Reduce the weight of the load if possible
- Where is the load going?
- Do you need help?



### Adopt a stable position

- Feet should be apart with one leg slightly forward to maintain balance (alongside the load, if it is on the ground)
- Be prepared to move your feet during the lift to maintain stability



### Lifting Manoeuvre

- Lift smoothly avoiding jerking movements
- Bend your knees
- Lift your head first – the back then straightens automatically
- Use your leg muscles to lift the load – not your back
- If you feel excessive strain, slowly lower the load and seek help.



### Bend your knees not your back

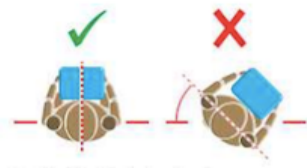
- Keep your back straight
- Grip the load with your palms, rather than just your fingers. Keep your arms close to your body to help support the load.

### Keep the load close to the waist

- Keep the heaviest side of the load next to the body
- If a close approach to the load is not possible, try to slide it towards the body before attempting to lift it

Lifting - Lowering - Pushing - Pulling - Carrying

## Hazard Identification



### Avoid twisting the back or leaning sideways

- Shoulders should be kept level and facing the same direction as the hips
- Turning by moving the feet is better than twisting and lifting at the same time.



### Keep in mind

- Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift
- Never lift a heavy object above shoulder level
- Avoid turning or twisting your body while lifting or holding a heavy object
- Don't carry a load that obscures your vision
- Breathe in before lifting as this helps to support the spine
- Get a secure grip on the load
- When two or more people lift a load, one person must take control to co-ordinate the lift

