TOP TIPS FOR SAFE LIFTING

DO

- · Assess the load
- Position your feet shoulderwidth apart
- Bend your knees and keep your back straight
- · Lift with your legs
- Hold the object close to the centre of your body; engage your core muscles by pulling them inward and upwards on exhalation
- Grip with the palms of your hands



Healthy Back Muscles



Healthy Spine





DON'T

- · Don't lift it if it's too heavy
- · Don't bend your back
- No twisting feet, knees, and torso should point in the same direction
- Don't lift above your chest level
- Take extra care lifting awkward-shaped objects

Manual Lifting Safety Guide

S Baum



The book delves into Manual Lifting Safety Guide. Manual Lifting Safety Guide is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual Lifting Safety Guide, encompassing both the fundamentals and more intricate discussions.

- 1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Manual Lifting Safety Guide
 - Chapter 2: Essential Elements of Manual Lifting Safety Guide
 - Chapter 3: Manual Lifting Safety Guide in Everyday Life
 - Chapter 4: Manual Lifting Safety Guide in Specific Contexts
 - ∘ Chapter 5: Conclusion
- 2. In chapter 1, this book will provide an overview of Manual Lifting Safety Guide. The first chapter will explore what Manual Lifting Safety Guide is, why Manual Lifting Safety Guide is vital, and how to effectively learn about Manual Lifting Safety Guide.
- 3. In chapter 2, this book will delve into the foundational concepts of Manual Lifting Safety Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Manual Lifting Safety Guide in its entirety.
- 4. In chapter 3, the author will examine the practical applications of Manual Lifting Safety Guide in daily life. This chapter will showcase real-world examples of how Manual Lifting Safety Guide can be effectively utilized in everyday scenarios.
- 5. In chapter 4, this book will scrutinize the relevance of Manual Lifting Safety Guide in specific contexts. The fourth chapter will explore how Manual Lifting Safety Guide is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, the author will draw a conclusion about Manual Lifting Safety Guide. The final chapter will summarize the key points that have been discussed throughout the book.
 - The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Lifting Safety Guide.

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