

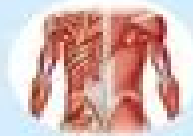
# TOP TIPS FOR SAFE LIFTING

## DO

- Assess the load
- Position your feet shoulder-width 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



Back Strain



Herniated Discs



## 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

# Handout For Manual Lifting

**Joacim Rocklöv**



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