

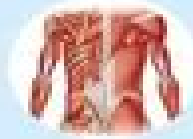
TOP TIPS FOR SAFE LIFTING

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

Lifting Manual Hling

Lingsheng Yao



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Moody's Manual of Railroads and Corporation Securities ,1922 **Manual of Standard and Recommended Practice**
Manufacturing Chemists' Association (U.S.),1989 **Manual Lifting** Daniela Colombini,Enrico Occhipinti,Enrique
Alvarez-Casado,Thomas R. Waters,2012-07-10 Commonly used throughout the world manual lifting tasks whether simple or
complex all involve variable loads postures and movements This practical guide discusses how to analyze the intricate lifting
function and prevent injury during its execution Outlining revised NIOSH Lifting Equation RNLE methods the book illustrates
their use in assessing manual lifting tasks of varying degrees of difficulty Using examples to reinforce presented concepts it
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