

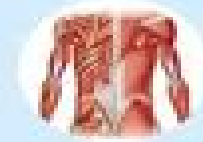
TOP TIPS FOR SAFE LIFTING

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



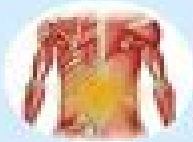
Healthy Back Muscles



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

Lingjun Ying



Handout For Manual Lifting:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **Handout For Manual Lifting** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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