

SAFE LIFTING TIPS

Stay safe from back injuries

Learning and following the correct method for lifting and handling heavy loads can help prevent injury and avoid back pain. These safe lifting techniques are recommended by the Health and Safety Executive.

THINK BEFORE YOU LIFT



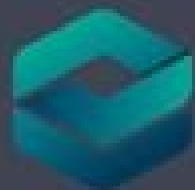
Plan the lift. Where is the load going to be placed? Will help be needed with the load? Is there equipment you could use, such as a hoist, that could help with the lift?

Remove obstructions, such as discarded wrapping materials. For long lifts, such as from floor to shoulder height, consider resting the load midway on a table or bench to change your grip on it.

KEEP THE LOAD CLOSE TO THE WAIST



Keep the load **close to the waist** for as long as possible while lifting to reduce the amount of pressure on the back. Keep the heaviest side of the load next to the body. If closely approaching the load is not possible, try to slide it towards the body before trying to lift it.



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Manual Handling Safety Moment

A Gutmann



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