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

Judd E. Hollander



Manual Lifting Safety Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "Manual Lifting Safety Guide," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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