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

Safe Lifting And Manual Handling

Phil Hughes MBE, Phil Hughes, Ed Ferrett

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