

SIX GUIDED STEPS TO SAFE LIFTING

1

Identify the object, plan ahead

- Where do you need to take the load?
- Can any of the contents be removed to reduce the weight?
- Do you need to get anyone to help?
- Is there a cleared space ready for the load when you get there?

2

Holding the object

- Make a decision on how and where to hold the object.
- Check for any sharp edges or oil and grease that could make the object more difficult to grasp.
- Place your feet apart with the leading leg slightly forward. Ensure that your balance is stable before attempting the lift.

3

Posture

- Bend your knees.
- Keep your back straight.
- Get a good grip on the load by leaning forward a little if necessary.
- Keep your shoulders level and facing in the same direction as your hips.
- Ensure good firm footing; spread each side of the load.

4

Lifting

- Keep your arms within the boundary created by your legs.
- A hook grip is less tiring than having your fingers straight, but will depend on the load you are lifting.
- Lift smoothly, bending your legs. Do not jerk or twist your body.

5

Walking with a load

- Keep the load as close to your body as possible with your arms straight.
- If it varies, the heaviest side should always be closest to your body.

6

Unloading

- When you reach your destination, put the load down and then adjust into position if necessary.
- If placing the load on the floor, you must adopt the same soft posture as in Step 3.