



## *Safe Lifting*

If the manual handling risk cannot be eliminated and it is not practical to use mechanical aids, use the correct safe lifting technique to help prevent injury.

### **Plan the Lift**

- Try to break down the load into smaller parts.
- Check the pathway for any obstacles and clear these. Check if any doors need to be opened
- Test the weight of the load by lifting one corner. If it is too heavy or awkward, stop and request help

### **Performing the Lift**

- Stand with feet shoulder width apart and in a staggered stance
- Move in close to the load
- Bend your knees, keep your head upright and maintain the spine's natural curves
- Pull the load close to your body
- Secure your grip
- Use a smooth controlled motion to lift the load
- Avoid twisting or turning your body when lifting and be sure to use your feet to change direction

### **Setting the Load Down**

- Stand with your feet apart and in a staggered stance
- Get as close as possible to the area you will place the load
- Bend your knees, keep your head upright and maintain the spine's natural curves
- Keep the load close
- Once the load is where you want it release your grip. Always ensure that the load is secured before you release your grip

### **Team Lifting**

- Before undertaking a team lift it is important to establish emergency commands should one of you experience difficulty during the exercise
- If you are lifting a load with a team member(s) it is vital to keep communicating with that person(s) and tell them of any action you are about to take such as lowering or adjusting the load.

**Remember:** 'Keep the Load Close' and 'Keep the Natural Curves of your Spine' to help prevent injury.