



In many sectors and on many worksites lifting is part of the job where machines cannot be used and therefore it must be done manually

Incorrect lifting techniques can cause injury (short and long term) and below are some tips to use when lifting to keep you safe, avoid injury and accidents

Bend at the knees to take the stress off the lower back - **IMPORTANT** when lifting heavy objects to avoid straining or aggravating pre-existing back conditions

Keep good posture when lifting heavy objects

Maintain a slow and steady pace

Share heavy loads - ask for help

When sharing heavy loads communicate well with each other as to when to lift, move and place the object in position

Wear gloves to avoid slippage

Divide the load into manageable portions where possible

Use lifting devices and hooks where possible

Where possible position one foot slightly in front of the other, or keep feet slightly apart, for added stability

**DO NOT** twist your back when you need to turn - take small steps instead, as twisting the back makes it weak

Some experts recommend using a lifting belt to add extra strength to the back

Keep the object as close to the body as possible

If the object needs to be carried a long distance, stop and take breaks along the way

Accept and acknowledge there is a **LIMIT** to how much any one person can lift safely

Your body is built to last a lifetime - take care of it!