Manual Handling **Lifting Safely**



Both picking up and putting down - Follow these instructions to avoid

Stop and think! 1.

> Plan the lift. Use a trolley if the load is too heavy.



Good posture. 3.

Bend your knees and keep your back straight.

Keep your shoulders level and do not twist.



5. Keep the load close.

Slide the load towards you before lifting. Keep the load close to you.



hurting yourself lifting goods.

Position the feet. 2.

> Feet apart and as close to the load as possible.



4. Get a firm grip.

Keep your arms in line with your legs.

Lift smoothly and raise your chin as you lift.



6. Don't twist

Move your feet when turning.



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