## 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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