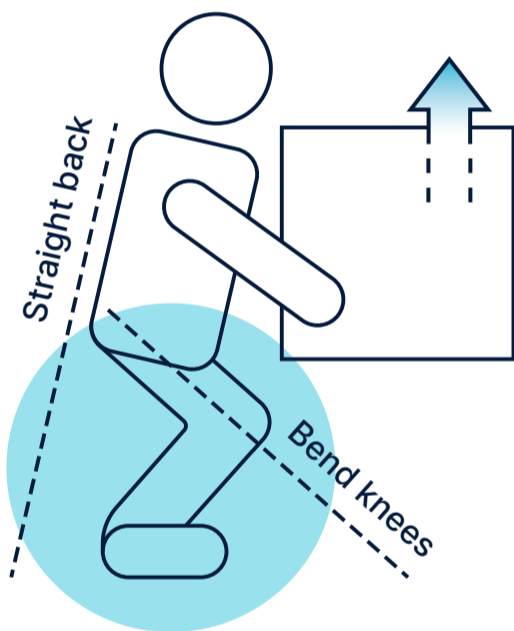


Lift safely.

1. Stop, think

- ? Consider the size, shape and weight of the load
- ? Are there aids to help me?
- ? Where is the load going?
- ? Are there obstacles?



2. The lift

- ✓ Keep distances to a minimum
- ✓ Prepare the area (remove trip hazards)
- ✓ Test the load
- ✓ Feet apart
- ✓ Leading leg slightly forward
- ✓ Hips and knees relaxed
- ✓ Firm hold from below
- ✓ Lead with your head as you lift
- ✓ Keep movement smooth
- ✓ Keep load close to your body
- ✓ Reverse the procedure when lowering the load

3. Don't

- ✗ Jerk
- ✗ Overstretch
- ✗ Twist
- ✗ Lift loads which are too heavy

Ask for help if required.

If the load is too heavy or you have a problem, ask for help.

Poor manual handling contributed to 8.9 million working days lost in the UK due to work-related musculoskeletal disorders in 2019/20*.

*HSE's Labour Force Survey (LFS)