

Manual Handling

Lifting Safely



Both picking up and putting down - **Follow these instructions to avoid hurting yourself lifting goods.**

1. Stop and think!

Plan the lift.

Use a trolley if the load is too heavy.



2. Position the feet.

Feet apart and as close to the load as possible.



3. Good posture.

Bend your knees and keep your back straight.

Keep your shoulders level and do not twist.



4. Get a firm grip.

Keep your arms in line with your legs.

Lift smoothly and raise your chin as you lift.



5. Keep the load close.

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



6. Don't twist

Move your feet when turning.

