

Seven Steps to Lifting and Carrying Safely

1. Size up the load and make sure your balance is good
2. Make sure the load is in close to the body. Lifting and carrying at arm's length increases the strain on the back
3. Crouch-keep the back straight as possible, bend at the hip and knees. This way the stronger leg muscles take the load instead of the weaker back muscles.
4. Feet need to be apart. It is more stable in the squatting position with the feet apart. One foot should be slightly in front of the other, so that you are ready to walk off.
5. Make sure you grip the load firmly. Use the palm and fingers. Keep the arms and elbows close to the body.
6. Use your body weight to start the load moving then lift by pushing up with the legs
7. When lowering the load bend the knees. Do not stoop. Do not twist your body with loads. Use your feet to change direction.

Keep your Back Straight and Lift with your Legs