



**01 Use mechanical lifting aids whenever possible.**

It's much safer to use a wheelbarrow, trolley, sack truck or ask the telescopic handler driver to move the load.



**02 Assess and plan the lift.**

Ensure the weight is evenly distributed, easy to grasp and consider splitting the load into smaller parts if necessary. Don't be afraid to ask for assistance from a colleague. Make sure pathways and walking routes are clear. Routes that are cluttered or uneven are more likely to cause you to trip.

**03 Position your feet correctly and grip the load firmly before lifting.**

Placing your feet apart either side of the load will help keep you stable. Position yourself where you don't have to twist or stretch to reach the load. Hold the load firmly in both hands to stop it slipping.



# TOP TIPS

## for Good Manual Handling and Saving Your Back.



**04 Bend your knees and lift correctly.**

Bending your knees engages your thigh muscles when picking up a load. Ensure your spine is in the normal alignment and keep the load close to your body at waist level. Avoid bending your back when lifting.

**05 Look where you are going and avoid sudden movements and twisting.**

Keeping your head up will help maintain a good spine angle whilst helping you see anything in your way. Avoid twisting, leaning and bending whilst lifting as this increases pressure on your spine.



**06 Put the load down.**

Bend your knees and not your back to put the load down. If the load requires moving once in position, it's safer to push it into position than pull the load.

