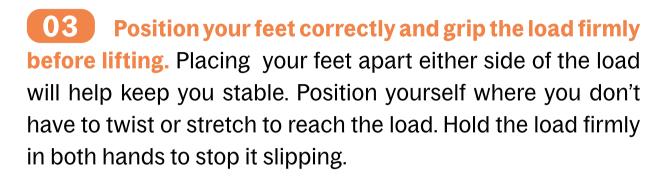






Assess and plan the lift. Ensure the weight is evenly distributed, easy to grasp and consider splitting the load into smaller parts if necessary. Don't be afraid to ask for assistance from a colleague. Make sure pathways and walking routes are clear. Routes that are cluttered or uneven are more likely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





TOPTIPS

for Good Manual Handling and Saving Your Back.



- 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.
- 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.

