

SAFE LIFTING & CARRYING



Plan To Prevent Injury

- Use a trolley when possible
- Break down large or heavy loads
- Seek help if necessary
- Check your route is clear
- Take extra care with awkward tasks such as emptying a car boot

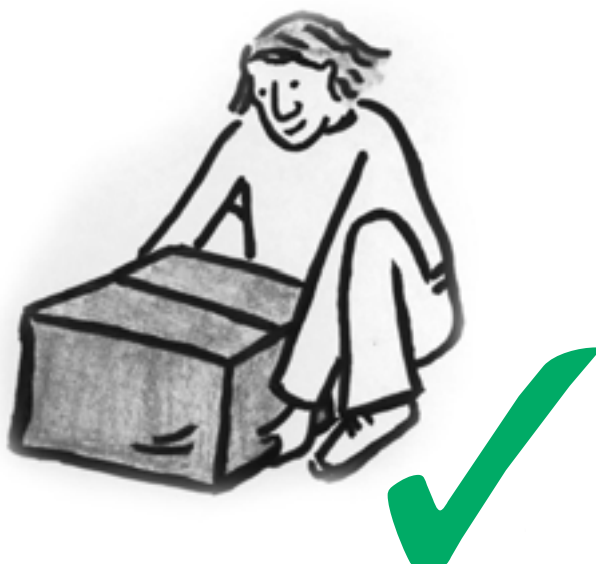
Lift The Load Safely

- Stand close to it with feet apart
- Bend your knees, not your back
- Grip the load firmly
- Lift with your legs



Carry It Carefully

- Hold it close to your body
- Look where you are walking
- Take extra care carrying up and down stairs
- Don't twist your body, move your feet to turn



Put It Down Properly

- Bend your knees to lower the load
- Don't trap your fingers and toes
- Put it down first, then slide it into place
- Don't over-reach or stretch