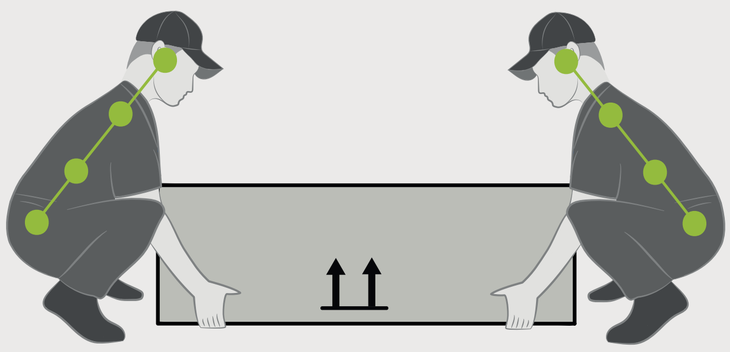
SAFER MANUAL HANDLING

Size it up

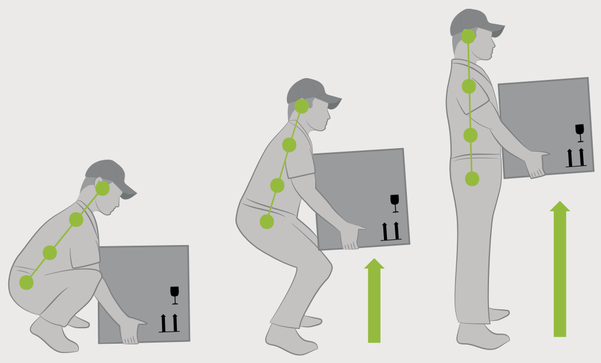


If it seems heavy, it probably is.

- Can you use a trolley or other equipment?
- Can you ask someone to help you to move it safely?
- Consider making multiple trips.

Make sure you have enough room to move.

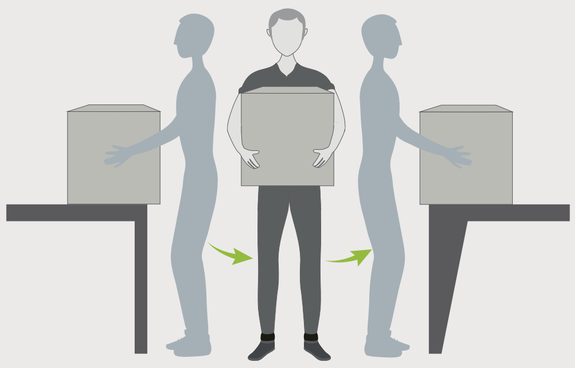
Think about your posture



- Keep your feet shoulder width apart.
- Keep your back straight, head up, chest out, and shoulders back.
- Bend at the hips and knees only.

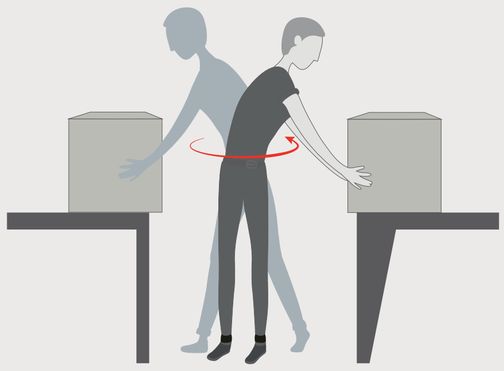
Remember: Keep your nose over your toes

Hold it up & use your legs



- Get a good grip.
- Keep the load close to the body, between mid-thigh and mid-chest.
- Use your leg and buttock muscles to stand, not your back.
- Move your legs and feet to turn.

Don’t twist, stoop or jerk



- Don’t twist your back or lean sideways, especially while your back is bent.
- Don’t stoop to lift the load.
- Don’t jerk or snatch the load during the lift.
- Don't twist. Always move your legs and feet to turn.

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