



SAFE LIFTING AT WORK



WHAT IS MANUAL HANDLING?

Manual handling involves moving objects by lifting, lowering, pushing, pulling, carrying, handling or restraining.

GOOD LIFTING PRACTICES

- **DO** bend your knees when lifting.
- **DO** keep your back straight and be sure of firm grip.
- **DO** keep the object close to your body.



BAD LIFTING PRACTICES



- **DON'T** lift with your back arched.
- **DON'T** lift the object far away from your body.
- **DON'T** lift and twist.

TIPS FOR WORKERS

- **Assess the load** before lifting an object, and use mechanical aids if the loads are heavy.
- **Warm up** before engaging any manual lifting.
- **Take rest breaks** to relax tired muscles.



REMINDER:

If the loads are too heavy to lift, ask for help or use mechanical aids rather than risking an injury.

SAFETY ALWAYS.
"THINK SAFETY FIRST"

