

How to lift safely



Assess the load and the lift

Be balanced, feet close to the load and slightly apart

Start crouching with knees and hips bent, tuck the chin in and let the legs do the work

Grip the load with the whole hand not just the fingers

Lift the load by straightening the legs, keeping it close to the body. Keep the shoulders level and facing the same way as the hips. Try not to twist – turn by moving the feet

Follow the procedure in reverse to put down a load, taking care not to trap fingers

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