

BY MAINTAINING APPROPRIATE MANUAL HANDLING TECHNIQUES
YOU CAN REDUCE THE RISK OF INJURY. SO, REMEMBER TO LIFT SMART.



SIZE UP THE LOAD

- Assess the load size, shape, and weight.
- If it's too heavy or big, do not lift it.
- Find another way to move it.



MOVE THE LOAD CLOSE

- Move the load close to your body and get a firm grip that can be held.



ALWAYS BEND YOUR KNEES

- Bend your knees, angle them wide and use a semi-squat.
- Keep your spine in its natural curve.



RAISE WITH YOUR LEGS

- Raise the load using your legs and complete the lift smoothly and in one move.



TURN YOUR FEET

- Turn your feet, not your spine when you need to change directions.
- Set the load down by squatting.