

Back Safety, how to lift safely.....

While workplace design and use of mechanical lifting aids are preferable, there are occasions when manual lifting is unavoidable.

In these cases safe lifting techniques are essential to avoid back injury.

Step 1

LOOK over your path of travel making sure it is clear.



Step 5

LIFT the load using leg muscles and allow the load to rest in fully extended arms.



Step 2

APPROACH the load and size it up (weight, size and shape). Consider your physical ability to handle the load. If in doubt, get assistance. Use hand and foot protection.



Step 6

WITH the load comfortably supported by the hands and arms, move off in the direction of travel.



Step 3

PLACE your feet close to the object to be lifted. Adopt a balanced position, one foot beside the load pointing in the direction of travel, the other behind the load.



Step 7

SETTING the load down is just as important as picking it up. Using leg muscles, lower the load by bending your knees. When the load is securely positioned release your grip.



Step 4

BEND your knees to the degree that is comfortable and get a good handhold. Maintain normal spinal curves. Tighten stomach muscles. Commence to lift the load keeping it close to the body.

