

Smart Lifting Techniques

Size up the load.

- Assess the load (size, shape and weight).
- Assess whether the load needs to be moved.
- Where is it going to be placed? Check that there are no obstructions.
- Assess whether mechanical or human assistance is required.

Move the load as close to your body as possible.

- A load is heavier to lift or carry if it is not close to the body.
- The whole hand should be used to ensure a firm grip.

Always bend your knees.

- Maintain balance.
- Keep feet apart and in a comfortable position.
- Minimize lower back bending.
- Bend knees preferable at as large an angle as possible but not at a right angle use a semi-squat in preference to a full squat.

Raise the load with your legs.

- Achieve the lift smoothly and without jerkiness.
- Maintain the normal curvature of the spine to allow the force of the load to be distributed evenly from the spine to the pelvis.

Turn your feet in the direction you want to move the load.

- Avoid unnecessary bending, twisting and reaching.
- Change direction by turning your feet and not your back.
- To set the load down, squat down, keep your head up and let your legs do the work.



Lastly, remember to:
THINK TALL

chest lifted, shoulders relaxed, chin tucked in and head level.