

## ADVICE SHEET FOR CORRECT LIFTING AND CARRYING TECHNIQUE:

### SAVE YOUR BACK WHILE LIFTING AND CARRYING BY FOLLOWING THESE SIMPLE RULES

- Prepare: Assess the situation > develop a plan and know your limits
- Lift: Keep your feet apart > bend at the knees > keep a straight back > tighten core > firm grip and lift with your legs
- Carrying: Hug the load > look ahead > maintain good straight back > turn by moving feet not spine
- Set Down: Feet apart > Straight back > Brace stomach muscles > Bend the knees > Squat down slowly > put down gently
- Bending: Engage your core muscles > Straight back > Squat down slowly > Keep head up and shoulders back > Kneel to reach lower levels
- Pushing a weight: Clear pathway > Keep upright posture > Brace stomach muscles > Elbows close to body > Push with even force
- Turning with a weight: Watch where you are walking > Turn with your feet; not with your back > Turn using your inside foot first > Keep upright posture
- Reaching for a weight: Raise yourself to level of object > Access load weight > Firm grip > Brace stomach muscles > Bring object to your body

