Preventing Sprains & Strains through safe lifting!

**Think before you lift**
Plan ahead. Where is the load going to be placed? Will help be needed with the load? Remove obstacles in your path. Consider resting mid-way to change your grip on it.

**Keep the load close to your waist**
Keep the load close to the waist for as long as possible while lifting.

**Adopt a stable position**
Your feet should be apart with one leg slightly forward to maintain balance.

**Have a good hold on the load**
Where possible, hug the load close to the body.

**Don’t bend your back when lifting**
A slight bending of the back, hips and knees at the start of the lift is preferable to either fully flexing the back (stooping) or fully squatting.

**Keep your head up**
Keep your head up when handling the load. Look ahead, not down at the load once it has been held securely.

**Move smoothly**
Don’t jerk or snatch the load as this can make it harder to keep control and can increase the risk of injury.

**Know your limits!**
Don’t lift or handle more than you can easily manage!

**Lower the load down, then adjust**
Put the load down. To position the load precisely, slide it into the desired position.