

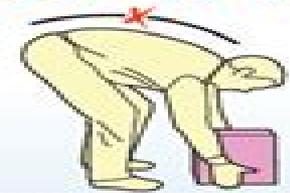
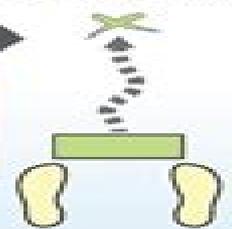


# TIPS FOR HANDLING



**ASSESS** your object and your task **BEFORE** you lift

Have a plan of attack. Plan your route before you lift. Clear any obstacles from your path, and be sure you know what is in your way if you cannot see your path well.



**Avoid STOOPING**

Keep your back neutral. You are less likely to injure your back if you keep your back neutral during lifting.



**LIFT with your LEGS**

Bend at the knees and hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Semi Squat Technique (Frog lift).



**HOLD** the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height and/or far from your body.



**AVOID** lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid storing objects above head height or below knee height when possible.

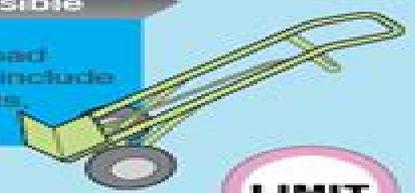
**Don't BEND or TWIST** while you are lifting or carrying

Any improper bending or twisting could throw you off balance or injure your back.



**Use lifting aids** when possible

Use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include wheelbarrows, conveyor belts, trolleys, cranes or forklifts.



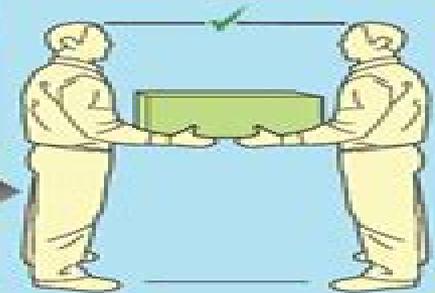
**REDUCE** the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, for example, repack a heavy load into smaller parcels.



**Two person lifts**

When lifting with two or more people **ALWAYS** ensure people of same size and strength for manual handling tasks.



**KNOW** your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is awkwardly large or unstable, it can be difficult to lift and could cause you pain. It is better to wait and ask for assistance than to try to lift something that could potentially injure your back.



# Manual Handling Handout

**Brendan G. Carr**



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