

Manual Handling

How to handle and lift loads

The following guidance illustrates how to perform a basic lift safely, using both hands, lifting a load in front of and close to your body, without twisting. These principles can be adapted to suit the actual task.

Think before handling/lifting. Plan the lift/handling activity. Where is the load going to be placed? Will it need 2 or more people to lift? Are there any specific instructions?



Keep the load close to your waist for as long as possible whilst lifting. Keep the heaviest side closest to your body.



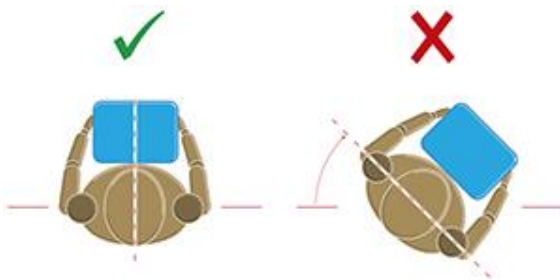
Adopt a stable position with your feet apart. You should be prepared to move your feet during the lift to keep a stable posture.



Ensure a good hold on the load. Where possible, hug the load as close to your body as possible. Slight bending of your back, hips and knees is preferable at the start of your lift.



Avoid twisting your back or leaning sideways especially while your back is bent. Keep your shoulders level and facing in the same direction as your hips. Turning by moving your feet is better than twisting and lifting at the same time.



Move smoothly and do not jerk the load. Do not lift or handle more than you can easily manage. If in doubt, seek advice or get help. Put down, then adjust. If you need to precisely position the load, put it down first, then slide it into the desired position.

