

Lifting Techniques

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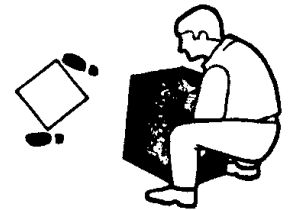
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Before you lift make sure that you know how heavy the object is and where it needs to get to. Will you need help? Push or pull the object to get them into an easier position. Position your feet close to each side, and slightly oblique to the load: this will help you keep your balance.



Whilst you lift Keeping your back straight, bend your knees until you are at the right height to pick up the object. Get hold of the load using the palms of your hands – not just the fingers: this will help keep the load from slipping and jarring your back. Let your legs take the strain of the lift, and keep the load close to your body as you straighten up and whilst you carry the load.

Putting the load down Put an object down as the reverse of lifting it up: lower the object by bending your knees, keeping the load close to your body and your back straight. Slide the object into its final position.

Lifting odd shapes If an item is bulky or awkward to handle, it may be appropriate to ask for help. Remember it is not just the items which are heavy that can strain the back. Sometimes it is the small, light objects that can catch us out because we don't give much thought to the way we go to pick them up.

Push! – don't pull



Whenever possible push an item, as pushing uses your legs and body weight instead of your back.

Don't over stretch



Use ladders or steps to reach high objects.

When unloading the car boot...



...roll or slide objects towards you so that you can get a better hold on them.

Slide objects towards you...



...so that they are in a better position to lift up, and you don't over-reach.