

Good Handling Technique

1 Stop and think

- Plan the lift
- Where is the load to be placed?
- Use appropriate handling aids if possible
- Do you need help with the load?

2 Position feet

- Keep your feet apart, giving a balanced and stable base for lifting
- Put your leading leg as far forward as is comfortable and if possible, pointing in the direction you intend to go

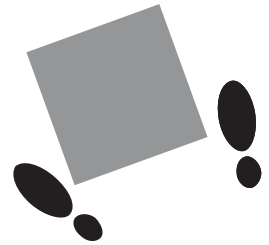
3 Adopt a good posture

- When lifting from a low level, bend the knees
- Do not kneel or overflex the knees
- Keep the back straight, maintaining its natural curve (tucking in the chin helps)
- Lean forwards a little over the load if necessary to get a good grip
- Keep the shoulders level and facing in the same direction as the hips
- Don't twist the trunk when turning to the side, move your feet



4 Get a firm grip

- Try to keep the arms within the boundary formed by the legs
- The best position and type of grip depends on the circumstances and individual preference, but it must be secure
- A hook grip is less tiring than keeping the fingers straight
- If you need to vary the grip as the lift proceeds, do it as smoothly as possible



5 Keep close to the load

- Keep the load close to the trunk for as long as possible
- Keep the heaviest side of the load next to the trunk
- If a close approach to the load is not possible, slide it towards you before trying to lift

Don't jerk

- Lift smoothly, raising the chin as the lift begins, keeping control of the load

Put down then adjust

- If precise positioning of the load is necessary, put it down first, then slide it into the desired position

6 Moving large loads

- When moving large loads PUSH rather than pull and keep your hands away from walls and door frames etc