

Safe Lifting

Our students will do what we do!



10 Point Plan

1. STOP AND THINK

Plan the lift, where the load is going, the route you will follow, and where you will put it.

2. CHECK THE WEIGHT

Lift the edge of the object to get an idea. If it is too heavy GET HELP OR MECHANICAL ASSISTANCE

3. POSITION THE FEET

Stand close to the object, feet apart giving a balanced and stable base for lifting.

4. ADOPT A GOOD POSTURE

Squat down with the back straight and chin tucked in, knees bent.

5. GET A FIRM GRIP

Grasp the load firmly with elbows tucked in.

6. KEEP THE LOAD CLOSE

Stand up slowly, lifting with the leg muscles, and keeping your back straight as you stand.

7. DON'T JERK

Lift smoothly, keeping control of the load

8. MOVE YOUR FEET

Don't twist your trunk when turning to the side

9. DURING TRANSIT

Remember to take rests during transit if you feel the need to.

10. PUT DOWN

Put the load down smoothly and slowly, bending your legs – position the load precisely AFTER putting it down.

Don't carry boats alone

