



Improving Manual Handling Safety



Lifting technique

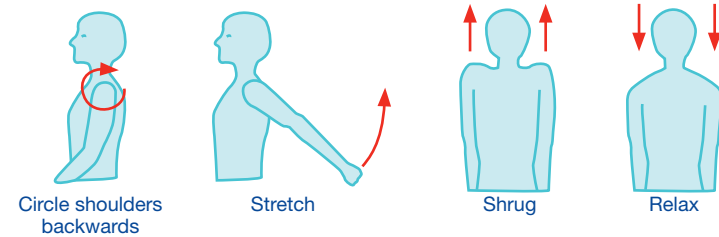
- Assess the load.
- What is the best method to move the load?
- Do you need someone to assist?
- Can it be divided into smaller loads?
- Make sure the pathway is clear.

How to lift

- Keep spine in a neutral position (i.e. S-shaped curve).
- Keep a wide base of support.
- Ensure you are balanced.
- Bend at your knees and hips.
- Brace your abdominal muscles.
- Keep the object close to you.
- Push up with your legs.
- Avoid twisting.

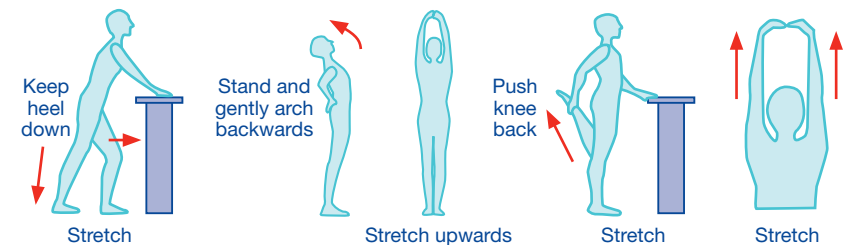
Stretching

It is important to stretch before attempting manual handling tasks. Stretching reduces muscular tension in your body and improves overall flexibility. It also improves circulation and promotes good posture.



How to stretch

- Always stretch slowly without 'bouncing'.
- Stretch to the point where the muscles you are exercising feel pleasantly stretched. The stretch should NOT be painful.
- Hold the stretch for at least 10 seconds.
- Remember to breathe normally and to try and remain relaxed.



PLEASE NOTE: Do not attempt stretches if you have a medical condition which could limit movement.