

Everyone home safe – through the working life

Good advice when lifting heavy weights



- ✔ Use appropriate lifting equipment
- ✔ Keep the load as close to the body as possible
- ✔ Make sure you have a good grip before lifting
- ✔ Get help from others or take more trips

- ✔ Keep your feet apart for better balance
- ✔ Bend your knees, use your hips and thighs to lift — do not use your back
- ✔ Avoid twisting your spine or neck
- ✔ Keep heavy loads at waist level and don't lift loads above shoulder height