

Tips

Lifting and Carrying

Lift heavy or awkward objects with someone else, rather than on your own



Lifting and Carrying

Lifting, carrying, pushing, pulling, twisting and reaching are hard on your body. To reduce your chance of injury:

- ‘warm up’ before you start heavy work – do a few quick stretches
- whenever possible, plan your job to avoid heavy lifting
- use other equipment like barrows, jacks or cranes if available
- store things at waist height so they are easier to move
- avoid lifting heavy items above your shoulders
- bend your knees if you have to lift something from below waist level
- keep the load close to your body
- when you’re moving things, make sure you have a clear path
- always go for a team lift ahead of a solo lift
- wear gloves for all manual handling activities
- make a few trips with a lighter load rather than trying to carry it all at once
- use handles where possible to reduce the force needed to handle a load.