Keep the load close to your body

straight back

Lift and carry loads correctly

Good preparation can help to avoid accidents when lifting and carrying:

Look out for sharp edges on your load, replace damaged packaging and BEFORE you set off check that the way ahead is clear and that there is enough room to deposit the load.

Work gloves will provide a good grip and protection from injuries. Take care to keep a straight back when lifting and hold the load as close to the body as possible. Your back should not be bent or twisted sideways. Always carry heavy loads with another person.

Checklist:

☑ Prepare the load properly.

☑ Don't bend your back.

☑ Don't twist your body sideways.

☑ Keep the load close to your body.

☑ Carry heavy loads with another person.