

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