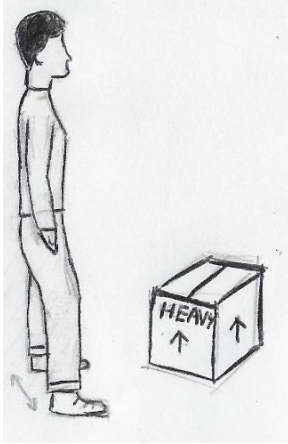


Good Lifting Technique broken down

Planning the lift



- Is the way clear? Any obstructions, slippery floors, steps or uneven ground? Know where you need to put the item down first and do it in stages if needed.
- Get as close to the load as possible. Feet placed apart with one foot in front of the other for stability and balance.
- Think posture. Bend knees and keep your back upright.

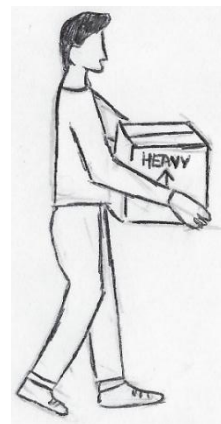
Lifting

- Lift in a smooth controlled way by straightening your knees. The strength should come from your legs not from your back.



Moving and turning with the item

- Keep the load close to your body with the heaviest side closest to you - turn moving your feet around rather than twisting your torso.
- Keep your shoulders and hips facing the same direction and your back straight throughout.



Lowering

- Bend your knees to lower in a similar controlled fashion. If you can, put the item down first, then slide it to the desired position

