

Manual Materials Handling

The most common cause of occupational fatigue and lower back pain.



Safe lifting tips

Before lifting



See if mechanical lifting aids are available.



Identify and assess the weight of the load.



Get help with heavy or awkward loads.



Ensure that the load is free to move.



Ensure you can lift the load without over-exertion.



Check the path is clear and free of grease, oil, water, and objects.

1

Warm up your muscles.

2

Use handles or lift aids where appropriate.

3

Lift the load as close to and as centred to the body as possible.

4

Face the direction you intend to move.

5

Maintain a good grip.

6

Keep arms straight and abdominal muscles tight.

7

Lift smoothly without jerking.

8

Lift with your legs and body weight, not with your back.

9

Keep your back straight and bottom out.

10

If turning, turn your whole body with your feet first.

