EML
MUTUAL SINCE 1910

Lifting Equipment

Reduce injury rates by promoting the correct techniques for lifting, moving, carrying, pushing or pulling items. Recommend lifting equipment to help to reduce the likelihood and severity of injury.

- Exercise
- **Lifting Equipment**
- Education
- Return to work Management
- Workplace Environment

Target Audience

Improving lifting techniques and encouraging the correct use of lifting equipment will benefit all employees.

Consistently promoting the correct use of lifting equipment will particularly benefit workers who move heavy or bulky items as part of their regular duties.

Benefits

Can reduce the incidence of workplace injuries and importantly, can also reduce the severity of injuries when they do occur.

Reduces unnecessary stress and strain on muscles and joints.

Considerations

By fostering a safety culture, you are helping workers to feel comfortable when using correct techniques.

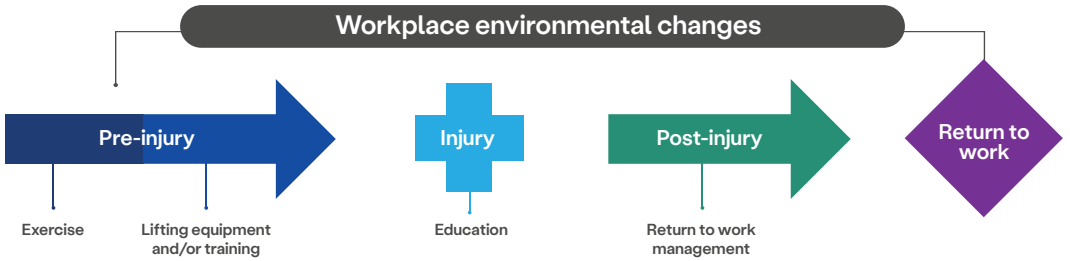
Costs of equipment vary, what options are available to either purchase or hire appropriate equipment with your budget.

To ensure your workers are receptive to changes, consider the best time to review current practices and roll out improvements across your organisation.

Examples

Hold regular training sessions to teach correct lifting techniques and how to correctly use lifting equipment.

Provide safety posters with clear visual guides in full view of where lifting equipment is being used.



This information sheet outlines one of the five key actions recommended by the Interventions to Support the Return to Work or Recovery at Work of Older Healthcare Workers Study conducted by Monash University and funded by EML's **Mutual Benefits Program.**

More information and resources to support you and your workers are available through: eml.com.au/resources/ageing-workforce

Please note that this material is general information only. It does not take anyone's particular circumstances into account. It is not medical, legal or financial advice.