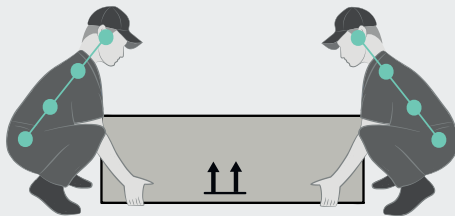


# Safer manual handling

## ✓ Size it up

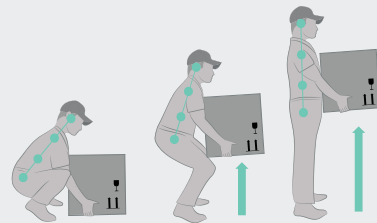


If it seems heavy, it probably is.

- Can you use a trolley or other equipment?
- Can you ask someone to help you to move it safely?
- Consider making multiple trips.

Make sure you have enough room to move.

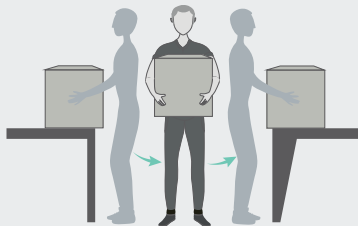
## ✓ Think about your posture



- Keep your feet shoulder width apart.
- Keep your back straight, head up, chest out, and shoulders back.
- Bend at the hips and knees only.

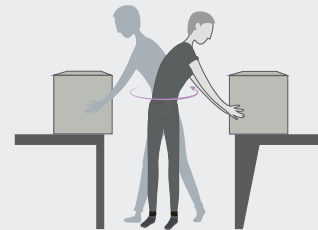
**Remember: Keep your nose over your toes**

## ✓ Hold it up & use your legs



- Get a good grip.
- Keep the load close to the body, between mid-thigh and mid-chest.
- Use your leg and buttock muscles to stand, not your back.
- Move your legs and feet to turn.

## ✗ Don't twist, stoop or jerk



- Don't twist your back or lean sideways, especially while your back is bent.
- Don't stoop to lift the load.
- Don't jerk or snatch the load during the lift.
- Don't twist. Always move your legs and feet to turn.

For more Workplace Health & Safety tools and information visit [eml.com.au/resources](http://eml.com.au/resources)

