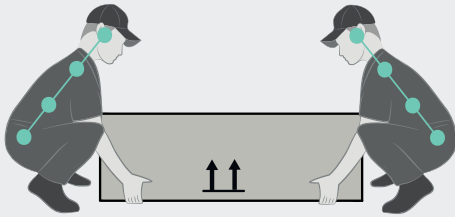


Safer manual handling

✓ Size it up

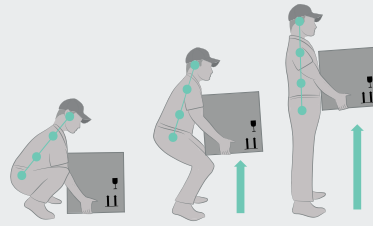


If it seems heavy, it probably is.

- ☑ 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.

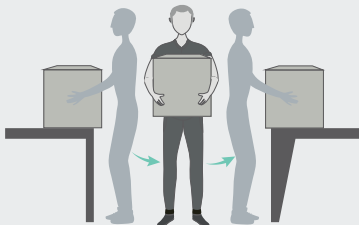
✓ Think about your posture



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

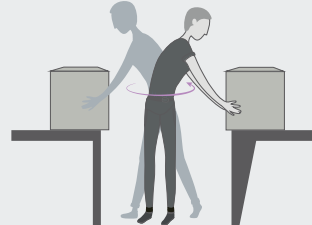
Remember: Keep your nose over your toes

✓ 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.

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