



LIFTING GOOD PRACTICE GUIDE

April 2009



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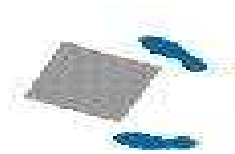


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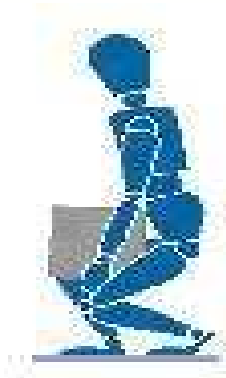
Stop and Think

Plan the lift. Where is the load to be placed? Use appropriate handling aids if possible. Do you need help with the load? Remove obstructions such as discarded wrapping materials. For a long lift, such as floor to shoulder height, consider resting the load mid-way on a table or bench in order to change grip.



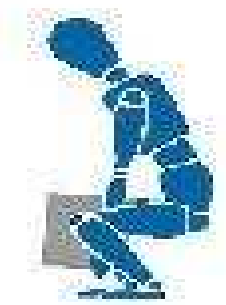
Position the Feet

Feet apart, giving a balanced and stable base for lifting (unsuitable footwear makes this difficult). Leading leg as far forward as is comfortable.



Adopt a Good Posture

When lifting from low level, bend the knees but do not kneel or over flex. Keep the back straight.



Get a Firm Grip

Try to keep the arms within the boundary formed by the legs.

The best position and type of grip depends on the circumstances and individual preference: but it must be secure. A hook grip is less tiring than keeping the fingers straight. If you need to vary the grip as the lift proceeds, do it as smoothly as possible.

Keep Close to the Load

Keep the load close to the trunk for as long as possible. Keep the heaviest side of the load next to the trunk. If a close approach to the load is not possible, slide it towards you before trying to lift.

Lift smoothly, keeping control of the load

Move the Feet

Don't twist the trunk when turning to the side.

Put Down, then Adjust

If precise positioning of the load is necessary, put it down first then slide it into the desired position