



## CORRECT LIFTING TECHNIQUES



### Plan lift

1. Ensure that you are wearing suitable footwear and appropriate clothing for lifting.
2. Consider the destination.
3. Examine Load - Is help required with the load?
4. Can it be reduced in size?
5. Make sure area is free from clutter.



### Place the Feet

1. Approximately shoulder width apart.
2. Face the direction intended.
3. Leading leg forward.
4. Heaviest part of load towards you.



### Adopt good posture

1. Slight bending of the back, hips and knees



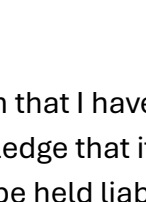
### Get a firm Grip

1. Keep arms within boundary formed by legs.
1. Ensure that the load is not just on the fingers.
2. Elbows close to sides.



### Move the Load

1. Lift load to waist height.
1. Move slowly to avoid jerky movements.
2. Keep close to load.
3. Maintain your vision.



### Lower Load

1. Lower load slowly, ensuring back is straight and knees bent.
2. Avoid crushing fingers when lowering.
3. Put down, then adjust into desired position.

I confirm that I have read and understood the manual handling procedures. I acknowledge that it is my responsibility to follow these guidelines accurately. Dropp.uk will not be held liable for any injuries sustained at any work location due to a failure to adhere to these procedures.