

# LIFTING? WHAT IS IMPORTANT?

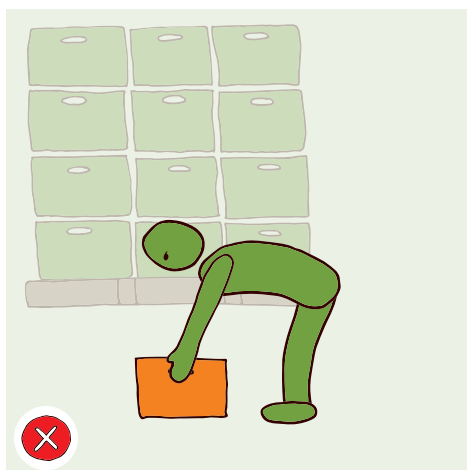
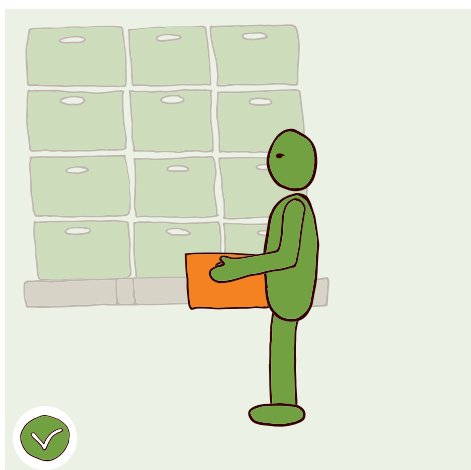
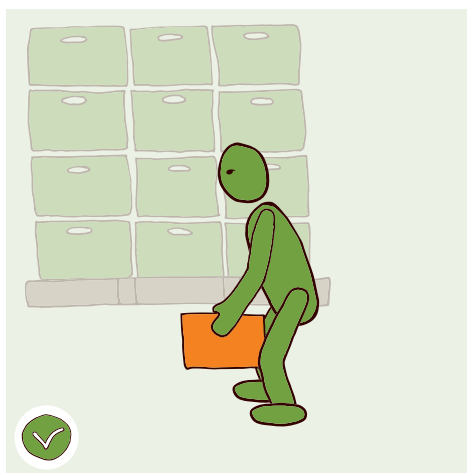
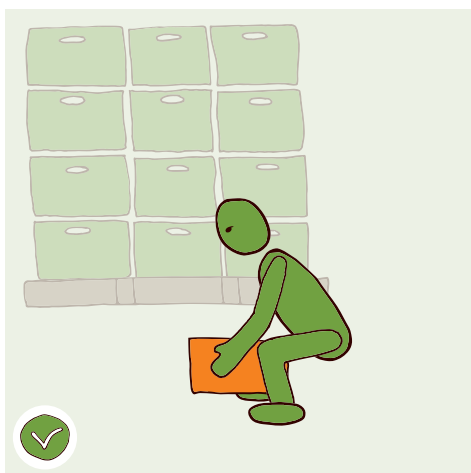
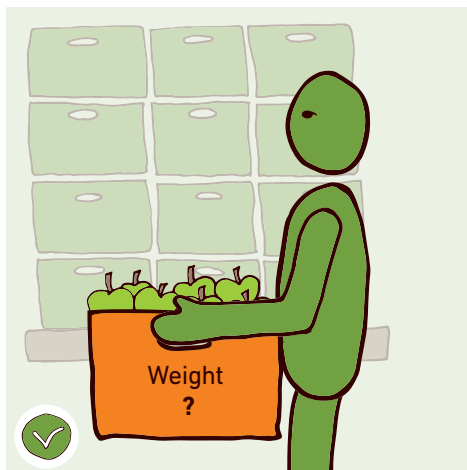
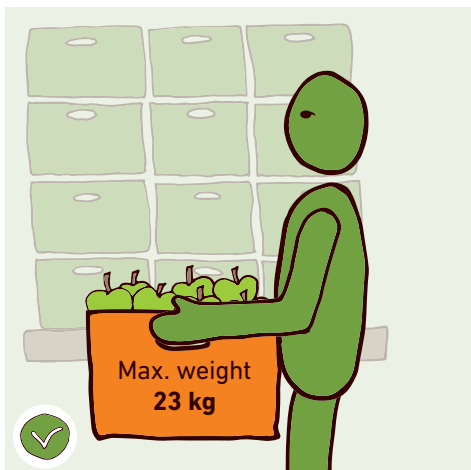


## 1

### Preparing:

Use tools such as lifts, fork-lift trucks or stackers to avoid unnecessary lifting.

Need to lift something anyway? Make sure you know how heavy the item is that you have to lift. How acceptable the lifting weight is depends on factors such as frequency, duration and how you are lifting. Use the correct lifting technique and take breaks to prevent overexertion.



## 2

### Basic lifting – low:

Before you start to lift, make sure you create enough room to move.

Ensure you have a wide base and lift the load as far between your legs as possible. Lift with your legs and keep your back straight.

Do not squat – this strains the knees and results in an unstable posture.

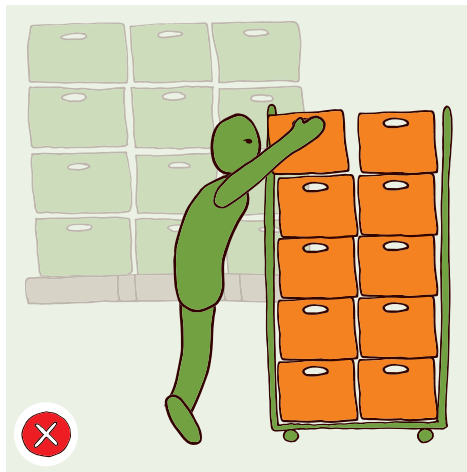


## 3

### Basic lifting – moving:

Make sure you do not twist your back as you lift.

Always stand straight in front of the load and create enough distance, so you have to take a step forwards to move the load. This way, your back is less likely to twist as you lift.



# 4

## Basic lifting – high:

Keep the load as close to your body as possible, avoid reaching and never lift higher than your shoulders.

If you have to lift above your shoulders, use tools, such as a platform or a wide step.

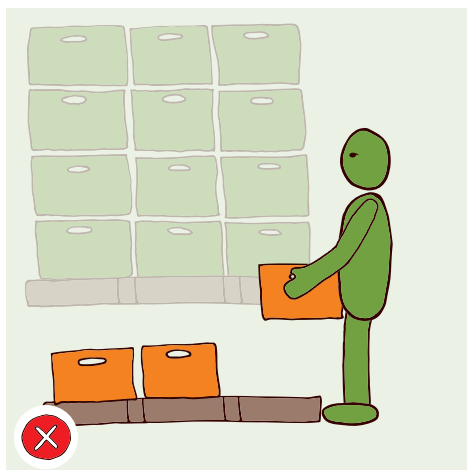
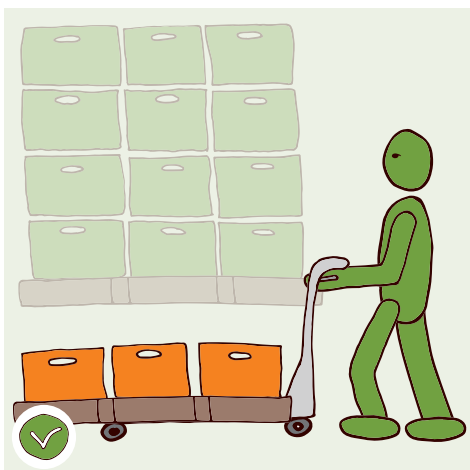


# 5

## Basic lifting – far:

Avoid obstacles, create enough space to work in. If you have to place a load at the back, put it down at the front and slide the load to the back.

Make sure you stand with one foot in front of the other.

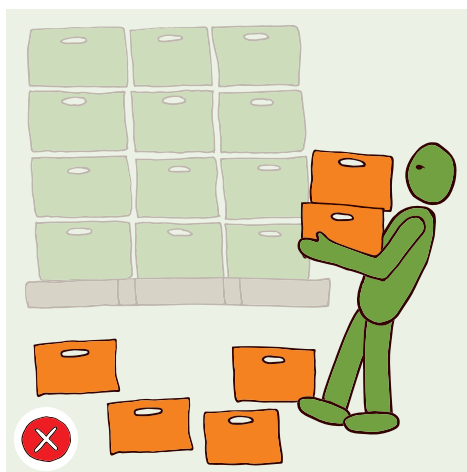
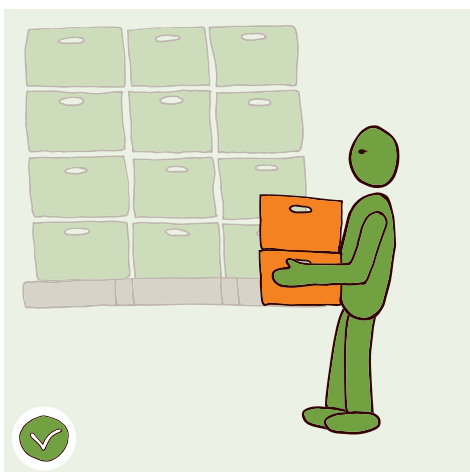


# 6

## Moving:

Avoid carrying if possible. Use a means of transport like a pallet jack if you can. Preferably use an electric pallet jack.

If you have a manual pallet jack, make sure you push it, and start to move the jack with caution.



# 7

## Carrying:

Provide a clear walkway without obstacles and make sure you can see your path clearly.

Carry the load as close to your body as possible and lift with two hands.

Keep your back straight by tightening your abdominal muscles.



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