

SAFE LIFTING TECHNIQUES

PLANNING

- ✓ Assess the size of the load to ensure it's not too heavy or bulky.
- ✓ Use appropriate handling aids if possible

POSITION THE FEET

- ✓ Feet apart, giving a balanced and stable base for lifting.
- ✓ Leading leg as far forward as is comfortable and pointing in direction you intend to go

ADOPT A GOOD POSTURE

- ✓ Get as close to the load as possible.
- ✓ Keep your feet shoulder-width apart and maintain balance.
- ✓ Keep your back straight and your stomach muscles tight.
- ✓ Bend at the knees but do not kneel or over flex the knees

GET A FIRM GRIP

- ✓ Try to keep the arms within the boundary formed by the legs
- ✓ A hook grip is less tiring than keeping the fingers straight

KEEP CLOSE TO THE LOAD

- ✓ Hold the load close to your body.
- ✓ Keep heaviest side of the load next to the trunk
- ✓ Maintain a straight back and tight stomach muscles.

MOVE THE FEET

- ✓ Move your feet to make turns; do not twist the trunk

PUT DOWN, THEN ADJUST

- ✓ Keep the load close to your body and avoid bending your back.
- ✓ Don't stretch or overreach. Place the object down, then slide it into desired position



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SAFE LIFTING



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One of the biggest causes of back injury is lifting or handling objects incorrectly.

COMMON IMPROPER LIFTING INJURIES

- Muscle Strains and Ligament Sprains
- Lumbar Vertebral Disc Herniation
- Abdominal Hernias

Whether at home or at work, it's important to use proper lifting techniques to reduce the risk of injury

INJURY PREVENTION TECHNIQUES

WARM UP: Always warm-up your back and legs before performing any lifting task! This will improve performance and reduce risk of injury. It's important to prepare your body for work.

PROPER LIFTING TECHNIQUE: Abnormal stress on the low back and abdomen can be avoided by keeping the body in a proper, aligned position throughout movements. The following are key points to injury-free lifting:

DO'S & DONT'S



DON'T...

- ✓ Don't hold your breath
- ✓ Don't bend or twist at the waist
- ✓ Don't use a partial grip
- ✓ Don't obstruct your vision when carrying
- ✓ Don't jerk or lift quickly
- ✓ Don't pinch your fingers or toes
- ✓ Don't pull a load if you can push it
- ✓ Don't lift a heavy object above shoulder level
- ✓ Don't forget to wear proper personal protective equipment (PPE).

REMEMBER.....

- ✓ If it's too heavy for one person, get help.
- ✓ Where possible, split a load into smaller parts to make it easier to lift it.
- ✓ Always assess the load first.
- ✓ If there is a risk of injury, use another method of lifting.

