

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



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

SAFE LIFTING



Follow us



www.phcc.qa

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 & DON'T'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.

