

SAFETY MOMENT

May 2023 – Lifting or moving Objects.

Many injuries occur when objects or people are being lifted or moved, in particular when these objects are unpredictable in their movement. Check your own body position before you handle objects.

The following general rules will help keep you safe:

- Get close to what you are moving and get it in front of you.
- Trunk upright on pelvis (keeping your back as straight as possible).
- Pelvis stabilised (stomach and buttocks tight).
- Balanced stance (feet wide apart, shoulder width).
- Elbows hugging sides.
- Shoulders in neutral position (not hiked up).
- Arms/shoulders stabilised (they should not move).
- No reaching forward or sideways with arms (elbows near sides).
- Wrists straight.
- No twisting or bending the back (move your feet/hips & knees instead).
- Limit the number of repetitive lifts (ensure you have sufficient breaks)
- Movement occurs by shifting weight smoothly from one leg to the other.
- Always consider mechanical aids (Trolleys, forklifts, cranes etc)
- If in doubt **STOP** and ask for assistance.