

Risk Element

- Damage to Back;
- Slips/Trips and Falls;
- Trapped Fingers.

Precautions to Eliminate/reduce Risk

- Where possible use authorised lifting equipment;
- Assess if another person is needed.

Safe Working Method

Assess the load to be moved for:

- Weight;
 - Centre of gravity;
 - Bulk;
 - Stability;
 - Decide whether another person is needed or mechanical assistance is required;
- NOTE: Many loads are heavier than they first appear to be.**
- Check if the load can be broken down into smaller units;
 - Plan the lift, use lifting aids if possible, even for part of the lift e.g. to bring the load to waist height;
 - Remove obstructions e.g. wrappings / banding etc.;
 - Ensure others know you are moving the load, particularly if it obscures your view;
 - To start the lift place the feet either side of the load, one slightly in front of the other, squat down keeping back straight, ensure you have a good grip on the load then lift smoothly straightening the legs and keeping a straight back;
 - Keep close to the load with the heaviest side nearest the body;
 - If you have to turn move the feet do not twist the trunk;
 - When releasing the load do it smoothly and carefully, lower it down bending the knees and keeping the back straight;
 - Ensure the fingers do not get trapped under the load;
 - Position the load after it is down.

