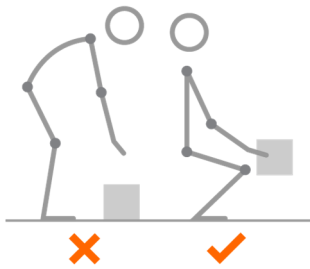


NHS Lifting Guide



Lifting can strain your back and lifting badly can lead to injury. Follow these simple tips to reduce the risk of damaging your back:

- Think before lifting. Plan the lift. Can handling aids be used? Where is the load going? Is the load too heavy for one person? Do you need help?
- Adopt a stable position. Your feet should be apart with one leg slightly forward to maintain balance, alongside the load if it's on the ground.
- Get a good hold. The load should be hugged as close as possible to the body at waist level.
- At the start of the lift, slight bending of the back, hips and knees is preferable to fully bending the back or fully bending the hips and knees.
- Don't bend the back any further while lifting. This can happen if the legs begin to straighten too early during the lift, putting pressure on the back.
- Avoid twisting while lifting. Change direction with your feet, not your back.
- If precise positioning of the load is necessary, put it down first, then slide it into the desired position.