

MANUAL HANDLING KINETIC LIFTING TECHNIQUES

Purpose: To reduce the risk of manual handling injuries in the workplace.

Instructions

1. Think before Lifting/Handling

Plan the lift Can handling aids be used? Where is the load going to be placed? Will help be needed with the load? Remove obstructions such as discarded wrapping materials.
For a long lift, consider resting the load midway on a table or bench to change grip.



2. Keep the Load Close to the Waist

Keep the load as close to the body for as long as possible while lifting. Keep the heaviest side of the load next to the body.



3. Adopt a Stable Position

The feet should be apart with one leg slightly forward to maintain balance (alongside the load, if it is on the ground). Be prepared to move your feet during the lift to maintain stability



4. Get a Good Hold

Where possible the load should be hugged as close as possible to the body. This may be better than gripping it tightly with hands only

5. Start In a Good Posture

At the start of the lift, slight bending of the back, hips and knees is preferable to stooping or squatting.



6. Avoid Twisting or Leaning

Shoulders should be kept level and facing in the same direction as the hips. Turning by moving the feet is better than twisting and lifting at the same time.

7. **Keep the Head UP when handling** Look ahead, not down at the load and move smoothly. The load should not be jerked or snatched as this can make it harder to keep control and can increase the risk of injury.

8. Don't Lift; or Handle more than can be easily managed

There is a big difference between what people think they can lift and what they can actually lift safely

IF IN DOUBT, SEEK ADVICE OR GET HELP

Important Notice: Your Health & Safety Information Sheet is for guidance only. It does not replace our written Health & Safety policies and procedures and you must make sure you are fully aware of these.

Training Courses: For more details on our Health & Safety Training courses available, please contact our learning Zone department via email: learningzone@shrec.org.uk or visit our website: www.shrec.org.uk