USE YOUR HEAD SAVE YOUR BACK

Incorrect lifting of heavy objects can cause chronic back pain and lasting damage that could put you out of action for good

FACT

More than a third of all over-three-day injuries reported each year are caused by manual handling*

ACT BEFORE IT'S TOO LATE!

- Bend your knees, not your back
- Keep the weight close to your body
- Don't twist your trunk – move your feet
- Lift smoothly, don't jerk
- Know your limitations and wherever possible use handling aids such as vacuum lifters, etc

*HSE 2007

PLANT

FOR MORE INFORMATION

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SETTING THE SAFETY STANDARD

Control Code: 10/07/1078