

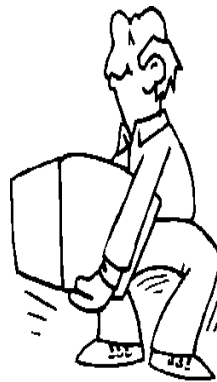
The Safe Lifting Technique

1. Stop and Think

- Do I need help?
- Where is the load going?
- Are there any aids to help me?

2. The Lift

- ✓ Feet apart
- ✓ Leading leg forward
- ✓ Bend the knees
- ✓ Lift in stages
- ✓ Keep back straight
- ✓ Keep load close to body
- ✓ Lean forward a little for good grip
- ✓ Keep shoulders level
- ✓ Get a firm grip
- ✓ Put down first, and then adjust



Proper Lifting

3. Don't...

- × Jerk
- × Overstretch
- × Twist
- × Lift loads which are too heavy



Improper Lifting

I am signing to show that I have read and understood the Safe Lifting Technique.

Signature of Temporary Worker Date.....
Signed on Behalf of Larkspur Group Ltd Date.....