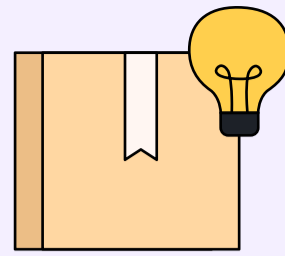
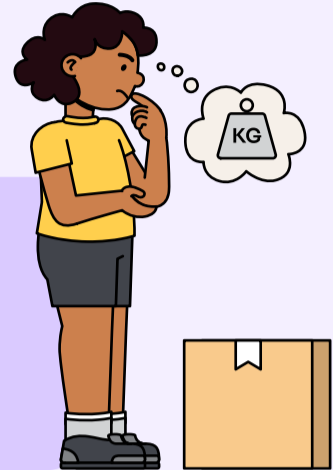




SMART LIFTING TECHNIQUE



By maintaining appropriate **manual handling techniques** you can reduce the risk of injury. So, remember to lift **SMART**.



S

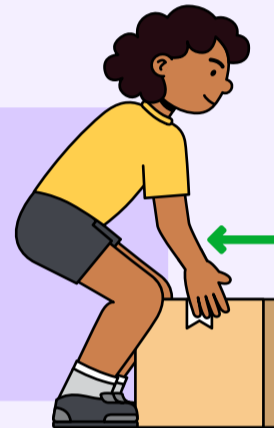
SIZE UP THE LOAD

Assess the load size, shape, and weight. If it's too heavy or big, **do not lift it**. Find another way to move it.

M

MOVE THE LOAD CLOSE

Move the load close to your body and get a **firm grip** that can be held for the full distance of the carry.



A

ALWAYS BEND YOUR KNEES

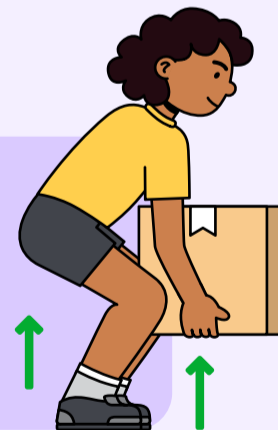
Bend your knees, angle them wide and **use a semi-squat**. Keep your spine in its natural curve.



R

RAISE WITH YOUR LEGS

Raise the load using your legs and complete the lift **smoothly** and in **one move**.



T

TURN YOUR FEET

Turn your feet, not your spine when you need to **change directions**. Set the load down by **squatting**.

