Manual Handling - Lift, Carry & Move Safely

Think Before You Lift

1. **ASSESS**
   Check the load and travel path.

2. **REDUCE**
   Break loads into smaller units.

3. **ASSIST**
   Use a trolley or team lift.

4. **MOVE SAFELY**
   Keep the load close and avoid twisting.



Before You Lift...

- Is the load heavy, bulky or awkward?
- Can the load be broken into smaller units?
- Is a trolley or mechanical aid available?
- Do you need a team lift?

STOP if it feels unsafe or you feel discomfort.

If the load cannot be moved safely – Stop, Use an aid, Reduce the Load, and/or Ask for help.