

## What You Do, You Become!



## 21 Days

Is the Magic Number when it comes to making or breaking habits.

After this amount of repetition the subconscious of the brain will accept the *new* way of doing things. TRY IT!

Hold the handrail on the stairs, use correct lifting technique, go to the gym...

**After about 21 days it will feel wrong when you *don't* do it!**

Incorrect manual handling is one of the most common causes of injury at work. It causes work-related musculoskeletal disorders (MSDs) which account for over a third of all workplace injuries.

Reduce the hazard from manual handling by using mechanical aids, team handling, safe lifting techniques and positioning, etc.

### PLAN YOUR LIFT... REMEMBER... T I L E...

**T** Task  
**I** Individual  
**L** Load  
**E** Environment



#### 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. 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). The worker should be prepared to move their feet during the lift to maintain their stability. Avoid tight clothing or unsuitable footwear, which may make this difficult.

#### 3. 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.

#### 4. Start in a good posture

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

#### 5. Do not flex the back any further while lifting

This can happen if the legs begin to straighten before starting to raise the load.

#### 6. Keep the load close to the waist

Keep the load close to the body for as long as possible while lifting. Keep the heaviest side of the load next to the body. If a close approach to the load is not possible, try to slide it towards the body before attempting to lift it.

#### 7. Avoid

Twisting the back or leaning sideways especially while the back is bent. 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.

#### 8. Keep the head up when handling

Look ahead, not down at the load, once it has been held securely.

#### 9. 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.

#### 10. Do not

Lift or handle more than can be easily managed. There is a difference between what people can lift and what they can safely lift. If in doubt, seek advice or get help.

#### 11. Put down, then adjust

If precise positioning of the load is necessary, put it down first, then slide it into the desired position.

**KNOW YOUR CAPABILITIES AND NEVER EXCEED THEM**