
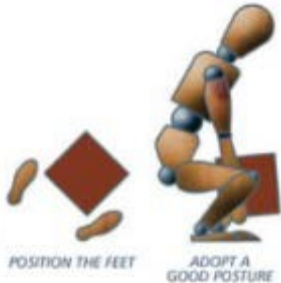

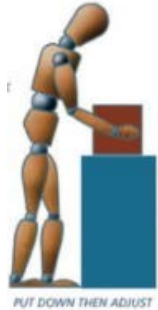


WHS Fact Sheet – Lifting, Pushing and Pulling Safely

Lifting

Incorrect or poor lifting technique can lead to the development of a Musculoskeletal Disorder or Injury. Frequently lifted items should be stored between shoulder and mid-thigh height to ensure good manual handling techniques can be applied. Please follow the following instructions if required to lift an item from the floor:





<u>Step One: Plan ahead</u>	<u>Step Two: Preparation</u>	<u>Step Three: the lift</u>	<u>Step Four: Lowering</u>
<ul style="list-style-type: none"> • Have a clear understanding of where you are moving the item to. • Ensure you have a clear path ahead of you. • Ask for help if the item is heavy, large or awkwardly shaped.  <p>STOP AND THINK</p>	<ul style="list-style-type: none"> • Position your feet close to the item. Feet should be shoulder width apart. • Bending from your hips and knees in a squatting movement, lower yourself to the item. • Do not bend/arch your back.  <p>POSITION THE FEET ADOPT A GOOD POSTURE</p>	<ul style="list-style-type: none"> • Ensure you have a firm grip on the item by gripping with your palms, not the fingers. • Activate your core. • With a smooth action, straighten your legs by pushing through the heels. • Keep the eyes and feet pointing in the same direction when moving the item.  <p>GET A FIRM GRIP MOVE THE FEET</p> <p>KEEP CLOSE TO THE LOAD DON'T JERK</p>	<ul style="list-style-type: none"> • Get as close as possible to where the item needs to be placed. • Slowly lower the item following the steps in the Preparation Stage. • Adjust the position of the item after it has been placed down.  <p>PUT DOWN THEN ADJUST</p>

If additional information is needed, please contact the [WHS Unit](#).

WHS Fact Sheet – Lifting, Pushing and Pulling Safely

Pushing and Pulling

Incorrect or improper pulling or pushing technique can lead to the development of a Musculoskeletal Disorder or Injury. Where possible, frequently moved items such as trolleys should be moved using a pushing action. This allows for the activation of larger, more powerful muscle groups. Please follow the following instructions if required to move an object either by pushing or pulling:

<u>Step One: Plan ahead</u>	<u>Step Two: Preparation</u>	<u>Step Three: Pushing</u>	<u>Step Four: Pulling</u>
<ul style="list-style-type: none"> • Have a clear understanding of where you are moving the item to. • Ensure you have a clear path ahead of you. • Ask for help if the item is heavy, large or awkwardly shaped. 	<ul style="list-style-type: none"> • Stand as close to the object as possible. • Keep the elbows bent. • Activate your core. 	<ul style="list-style-type: none"> • If applicable, adjust the handles of the object to ensure your elbows are at 90°. • Once moving, keep your elbows bent throughout the process. • Ensure your core is activated and shoulders are relaxed. • Keep the eyes and feet pointing in the same direction when moving the object. 	<ul style="list-style-type: none"> • If applicable, adjust the handles of the object to a lower height. The angle at your elbow will be greater than 90°. • Keep your elbows bent throughout the moving process. • Ensure your core is activated and shoulders are relaxed. • Use two hands and face the object to avoid twisting movements. • Keep the eyes and feet pointing in the same direction when moving the object. 

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