

Lifting, Shifting and Moving.

Your posture, strength and flexibility play a big part in how well you can complete manual handling tasks. For example, if you tend to slouch and don't exercise regularly you may find that your muscles have become stiff and weak. When this happens, not only can it be impossible to adopt a safe lifting posture, but you're more likely to overstretch, or strain yourself when trying to lift something.

Most injuries from manual handling affect the back, however it's important to think about how you can protect all of your other joints too.

Remember, whether you're handling telegraph poles, carrying your toolbox or doing the vacuuming at home it's important to follow these five manual handling principles:

- 1** Keep your joints in their neutral position.
- 2** Use your legs to apply the force and maximise your balance and stability.
- 3** Make sure you've got a secure grip of the load.
- 4** Lift in a smooth and controlled manner.
- 5** Avoid twisting your trunk.



To prevent manual handling injuries:

- Exercise regularly.
- Always use the right tool for the job.
- Ask for help if you need it.
- Keep warm if you're working in cold weather.

If you start to develop aches and pains, contact RehabWorks for physiotherapy support on:
0333 222 0712