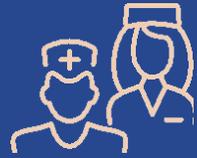


# GOLDEN RULES FOR SAFE LIFTING

- 1 THINK BEFORE YOU LIFT
- 2 ADJUST YOUR WORK AREA
- 3 PRACTICE GOOD WORK POSTURE

If you are having difficulty with work due to back pain or you are concerned if any work activities are causing you pain, consult an Occupational Therapist.

Your Therapist will conduct a more comprehensive assessment of your work demands and workplace, and advise you on the type of modifications and equipment you will need.



Clinics BIC Occupational Therapy  
TTS Medical Centre, Level B1  
Contact:  
6256 6011 (General Enquiries)



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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Department of  
Occupational Therapy

## SAFE LIFTING TIPS

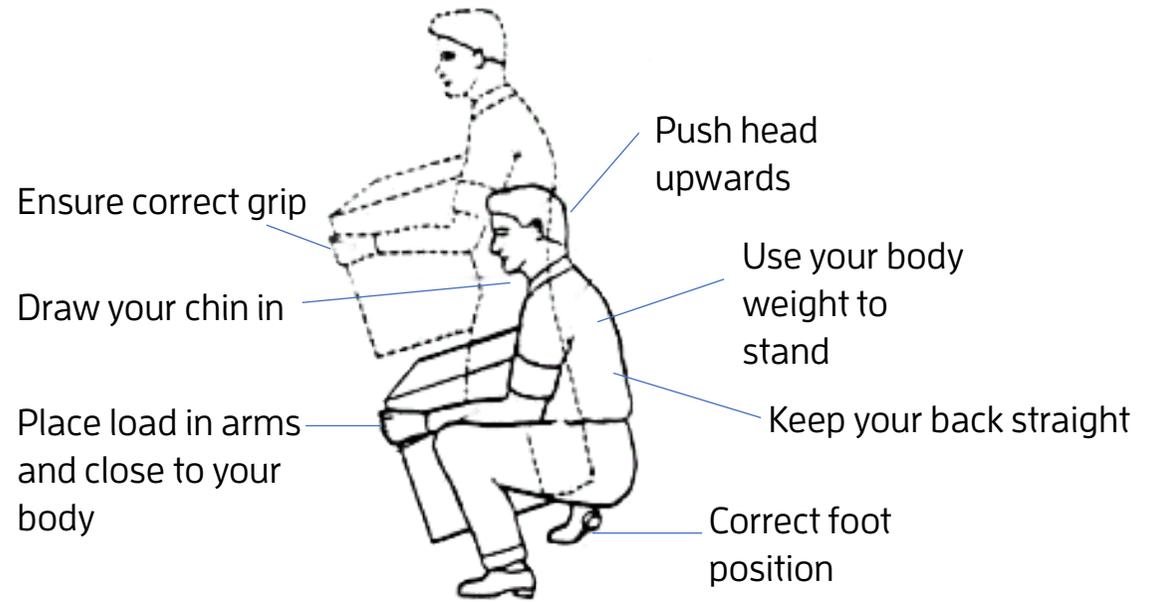


## Why is it Important to Practice Safe Lifting?

Practising safe lifting minimises the risk of back pain and injury as a result of repeated stress on the back over a prolonged period. Often, back pain is the consequence of improper lifting techniques.

Possible causes of back pain due to manual handling may be:

- Adopting awkward movements such as twisting and bending your back repeatedly.
- Handling loads that are too heavy for your body.



### 1 THINK BEFORE YOU LIFT

- Assess the object's size, shape and weight.
- Ensure there are no surrounding obstructions and hazards when lifting or carrying.
- If the load is heavy, get help from colleagues or use aids or tools such as a trolley or hoist.

### 2 ADJUST YOUR WORK AREA

- Adjust the layout of your work environment to minimise awkward postures.
- Arrange heavier or frequently-used items between waist to shoulder height and lighter items at the higher or lower shelves of the storage area.

### 3 PRACTICE GOOD WORK POSTURE

- Place load in arms close to your body.
- Maintain balance and a good grip on the object.
- Keep your back straight.
- Use your body weight to stand.
- Move smoothly; avoid jerky or fast movements.