

GOLDEN RULES FOR SAFE LIFTING

安全举重的重要规则

1 THINK BEFORE YOU LIFT

举重前的安全考量

2 ADJUST YOUR WORK AREA

调整您的工作空间

3 PRACTICE GOOD WORK POSTURE

使用真确工作姿势

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.

若您因背痛而在工作上遇到困难或担心工作活动造成您疼痛，请向职能治疗师寻求帮助。职能治疗师能为您工作环境进行综合评估，并且依照您的所需给予适当的建议。



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PECC-OCT-ED-2025-2136C-v1

Department of
Occupational Therapy

安全举重贴士



Why is it Important to Practice Safe Lifting?

为什么得学习安全举重?

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

学习安全举重能避免长期的外在脊椎压力所造成的背部疼痛或伤害。不正确的举重方式通常可能导致背痛。

以下是可能造成背部疼痛的原因:

- 重复使用别扭的姿势,例弯曲或扭动身体
- 承受超出您的身体能负荷的重量。

Ensure correct grip
正确握住物件

Draw your chin in
下巴紧靠身体

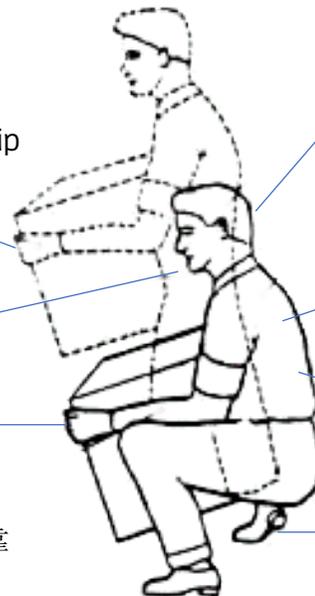
Place load in arms
and close to your
body
把物件紧握在手并靠
着身体

Push head upwards
头部向上移

Use your body
weight to stand
利用体重站立

Keep your back straight
挺直背部

Correct foot position
矫正脚步



1 THINK BEFORE YOU LIFT 举重前的安全考量

- Assess the object's size, shape and weight.
评估物件的大小、形状与重量。
- Ensure there are no surrounding obstructions and hazards when lifting or carrying.
为了确保安全, 举重之前请清除周围的杂物和障碍物。
- If the load is heavy, get help from colleagues or use aids or tools such as a trolley or hoist.
若物件太重, 请寻求他人的援助或使用起重仪器。

2 ADJUST YOUR WORK AREA 调整您的工作空间

- Adjust the layout of your work environment to minimise awkward postures.
调整您的工作环境以免造成别扭姿势。
- Arrange heavier or frequently-used items between waist to shoulder height and lighter items at the higher or lower shelves of the storage area.
在储藏室里, 把较重或常用的物品储在腰至肩膀高度之间的架子; 把较轻的物品储在较高或低的架子上。

3 PRACTICE GOOD WORK POSTURE 使用正确工作姿势

- Place load in arms close to your body
把物件紧握在手并靠着身体。
- Maintain balance and a good grip on the object
保持良好的平衡以及正确握住物件的力度。
- Keep your back straight
挺直背部。
- Use your body weight to stand
利用体重站立。
- Move smoothly; avoid jerky or fast movements
移动时, 动作要顺畅。避免快速或不顺畅的动作。