

## Checklist - How to correctly lift and carry objects



### To protect your spine and to avoid further injuries during your move

- ✓ Your stance should be stable and safe; open your legs slightly outwards
- ✓ Lift heavy furniture and boxes from your knees
- ✓ Do not lift them with your legs stretched and your back bent
- ✓ Keep your back straight
- ✓ Do not twist your spine
- ✓ Lift objects steadily and not fitfully
- ✓ Carry the weight as close to your body as possible
- ✓ Avoid strain on one side
- ✓ Use transport aids for objects moved over long distances, e.g. handbarrows or sack trucks
- ✓ Have two people carry bulky objects
- ✓ Envelop the object with outstretched arms
- ✓ Make sure you can see where you are going