



# Safety Share

## Lifting and Handling

Manual materials handling (MMH) includes lifting, lowering, pushing, pulling, carrying, handling and moving loads. The best control to prevent injury is to eliminate the need for workers to manually handle loads.

When manual handling cannot be eliminated, the first step in any MMH task is to plan the move. Ask yourself if you need to lift this load, or if there another way of doing the work. Consider assistive devices.

Analyze the task, test the load and before you lift or handle it, look for the safest way. Warm up your muscles, clear the path, and ask for help if needed.

### When lifting and handling:

1. Widen your stance for stability.
2. Firm up your core.
3. Bend at the hips and keep your back straight.
4. Avoid bending your back while handling a load.
5. Avoid twisting your torso. If you need to turn your body, turn or pivot with your feet.
6. Keep elbows close to your body.
7. Move your body smoothly.



For more information on manual materials handling, visit [workplacenl.ca](http://workplacenl.ca)

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