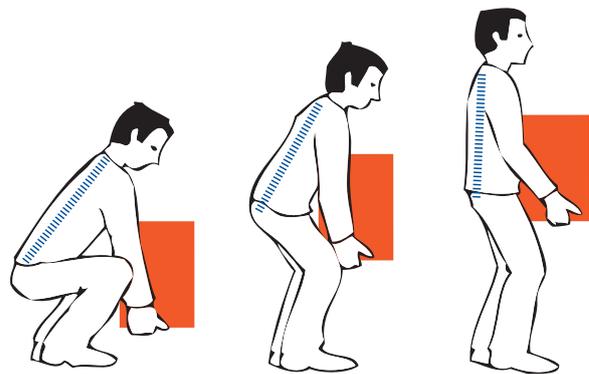


Lifting and carrying

Lifting and carrying heavy weights puts a severe burden on the musculoskeletal system. To avoid acute problems and illnesses of the spine, you should adhere to a few important rules when transporting loads by hand.

The right way to lift and set down heavy loads

- 1 Always bend your knees to lift and set down heavy loads, keeping your back straight.
- 2 Keep the load as close as possible to your body when lifting or setting it down.
- 3 Do not twist your back or bend it sideways.
- 4 Avoid jerky movements, work calmly and steadily.
- 5 When relocating the load, turn your whole body by moving your feet.



If possible, use technical aids when lifting and carrying! These make lifting and carrying easier and help reduce the danger of accidents.

Tip 1:

Before lifting or carrying, get information on

- the availability of lifting and carrying aids (e.g., hand trucks, dollies, cranes, pulleys etc.)
- the load's weight and its center of gravity.

Tip 2:

During transport

- always be sure the transport path is clear
- if possible, lessen the weights of the load
- always move heavy loads with more than one person and stipulate one person to give commands.

Lifting and carrying

The right way to carry heavy loads

- 1 In general, avoid carrying heavy loads by using aids.



- 2 Distribute the weights as far as possible on both sides.



- 3 Carry loads as close as possible to your body. Do not twist or bend your back while doing so.



- 4 Take breaks when carrying for long distances.



Pulling and pushing heavy loads puts less of a strain on the back than carrying!

Info:

Report problems and difficult working conditions!
This is the case with, for instance,

- loads which are too unwieldy,
- damaged packaging that precludes safe transport,
- loads which are too heavy.

Your contact partner in our company is:

Tip 3:

Fit for leisure time and your job

Regularly engaging in sports helps you offset the strains of workaday life and prevent adverse health effects.

BG Verkehr provides financial aid for companies offering back pain prevention programs. Enquire with your employer for more information.