How to avoid a manual handling injury when lifting.

1. **Plan and check** for dangers to yourself and others. Is there a clear path to your destination?
2. **Check your position** and balance. Is your load stable and not to heavy? Is it easy to grip?
3. **When lifting** an item use your legs. Do not jerk when lifting, keep the movement smooth and have a rest if needed.
4. **When movi**ng your load, do not twist and keep the heaviest part of the load against your body
5. **Walk where** others can see you. If needed wear your personal protection equipment (PPE).

Source: https://employsure.com.au/blog/reduce-risks-associated-manual-handling/