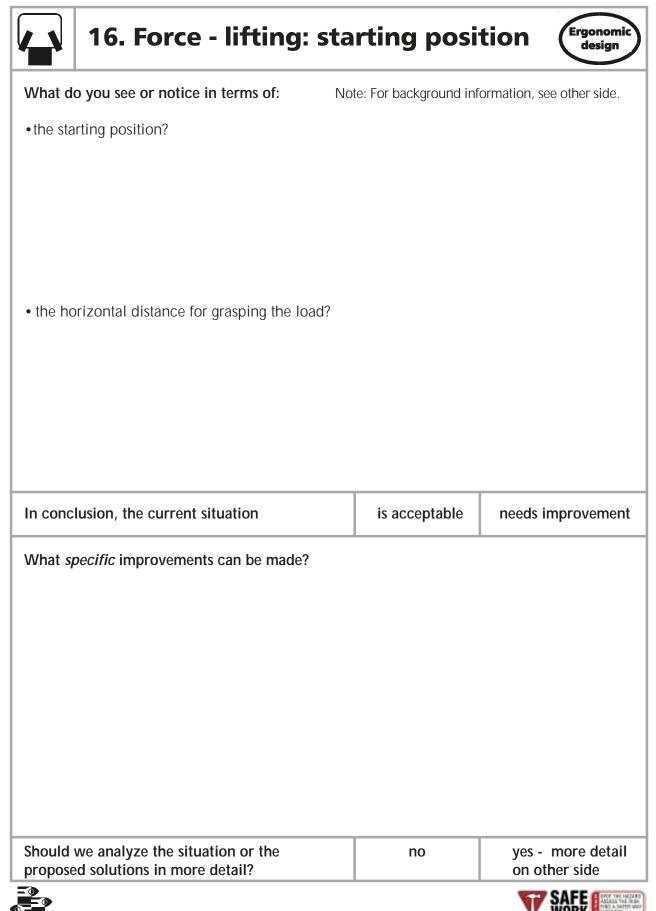
SH.10



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16. Force - lifting: starting position



We looked at	Why be concerned? (consequences)	Recommendations
Starting posture	 A poor starting posture: requires more muscle power overloads joints in the arms and spine increases the chances of incidents or injuries from running into things or people, cuts, or burns 	 For small, compact loads: hold load as close to body as possible starting posture: comfortable, in position that allows holding the load close to the body - back can be bent (if lifting from floor especially) place feet on both sides of the load, if possible put one foot forward in the direction the load is to be moved lift using leg muscles, if possible avoid lifting from below knees and above shoulders For larger loads: find another person to assist/help or use devices such as hand trucks, hoists, forklifts
Horizontal distance for grasping the load	A load that is farther away from the body: • requires more effort • tires arms and back • causes back problems	 Hold load as close to body as possible Remove all obstacles in travel path Reduce the size of the load Use mechanical lifting devices if load is bulky or heavy

Translated and adapted from SOBANE materials, available at www.sobane.be/fr/tms_obs.html



