

MAKE HEAVY LIFTING EASIER

Remember only to lift if it is not possible to use lifting gear.

Read more on our website at www.seahealth.dk.

THINK BEFORE YOU LIFT



Think about the weight.



Is there enough space around you?



How far is it from your body?



How many lifts?

Think whether you can lift without twisting your upper body or your joints - and how far you need to carry the load.

TAKE CARE OF YOUR BACK

1. Lift the RIGHT way by standing properly - close to and immediately in front of whatever you are going to lift.
2. Slightly bend at your knees and get a good grip.
3. Lift using your major leg muscles - and keep your back straight.
4. Keep your nose and shoe caps in the same direction - that way you don't twist your body.
5. Bend at your knees and hips - and when putting down your load.



Lifting WRONGLY can damage your back. If you bend your back and do not bend your knees enough, you also have to lift the weight of your upper body.



NB! You put least load on yourself when working at an even pace.

THINK ABOUT THE WEIGHT



- Lift max. 30 kg.
- Think - are you lifting between 7 and 30 kg?
- OK to lift less than 7 kg.



- Lift max. 15 kg.
- Think - are you lifting between 3 and 15 kg?
- OK to lift less than 3 kg.

The length of your forearm is about 30 cms from your body

3/4 armlength is about 45 cms from your body