

Plan the lift first

Use a handling aid or get help when needed. Good technique supports the task risk assessment; it cannot make every load safe to lift.

**Feet apart.
Load close.
Move smoothly.**



01 Start from a stable position

Feet apart, one slightly ahead. Bend your back, hips and knees slightly, without a deep squat.

02 Lift smoothly

Keep a secure grip and the heaviest side close. Avoid bending your back further as you lift.

03 Move your feet to turn

Keep shoulders and hips aligned. Look ahead once the load is secure. Put it down before adjusting its position.

Do not lift more than you can safely manage.

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Manual Handling Awareness

