

SMART Lifting POSTER



S

Size up that load

- Assess the load (shape, size and weight)
- Determine where the load needs to be moved and placed
- Determine whether you can carry the load or whether a mechanical aid should be used



M

Move the load as close to the body as possible

- Carry the load as close to the body as possible
- Secure your grip
-



A

Always bend your knees

- Keep feet apart in a comfortable position (usually in line with hips)
- Minimise lower back bending
- Bend knees (squat or semi-squat position)



R

Raise the load with your legs

- Lift the load with your legs, not your back, in a smooth motion (avoid twisting or jerky movements)
- Maintain normal curvature of the spine



T

Turn your feet in the direction you want to move

- Change direction by pointing your feet and not twisting your back
- To set the load down, squat down, keep your head up and allow your legs to carry the weight.



The SMART Lifting Poster that can be displayed throughout your workplace.