

Moving Heavy Objects

Practical skills

Lifting without injury, and the aids that make it unnecessary.

Educational reference. Get help or use equipment for anything genuinely heavy.

1

Plan the route first

Clear it, open doors, know where it is going.

2

Test the weight

Tip a corner. If it is too heavy, stop and find help.

3

Feet apart, close to the load

Distance from the body multiplies the strain on the back.

4

Bend the knees, keep the back straight

Lift with the legs.

5

Turn with your feet

Never twist the spine under load.

AIDS

Furniture sliders on carpet or hard floor

A sack truck for anything on stairs

Straps for two-person lifts

Remove drawers and doors first

Educational reference. Two people and a plan beat one person and determination.