

Date:

Site/Project:

Presented By:

Duration:

WHY THIS MATTERS

Manual handling injuries account for over 30% of all workplace injuries in construction. Most are entirely preventable with the right technique and planning. Back injuries from poor lifting can be career-ending.

KEY POINTS

- THINK before you lift — can you use mechanical aids? Can you get help?
- Plan your route — where are you taking it? Are there obstacles?
- Position your feet — shoulder width apart, one foot slightly forward
- Bend your knees, not your back — let your legs do the work
- Get a good grip — use the whole hand, not just fingers
- Keep the load close to your body — less strain on your back
- Don't twist — move your feet to turn, not your spine
- Know your limits — if it's too heavy, get help or use equipment

STEP-BY-STEP TECHNIQUE

1. Stand close to the load, feet shoulder-width apart
2. Squat down by bending your knees (not your back)
3. Get a firm grip with both hands
4. Brace your core muscles
5. Lift smoothly by straightening your legs
6. Keep the load close to your body
7. Move your feet to change direction — never twist
8. Lower by bending your knees, keeping your back straight

Discussion Questions:

1. What is the heaviest thing you have lifted recently? Could you have done it differently?
2. What mechanical aids do we have on this site?
3. Has anyone experienced a back injury? What would you do differently now?

#	Name	Company	Signature	Date

Duration: 10-15 minutes | Record attendance on Toolbox Talk Register