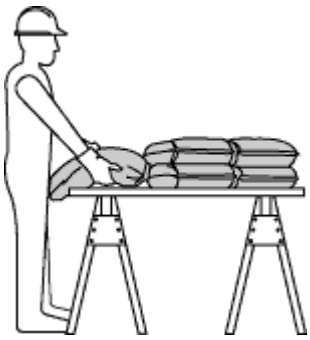
Landscaping – Manual Materials Handling Fact Sheet



WHAT ARE SOME GENERAL GOOD HABITS?

- Assess the load to be lifted and the overall conditions. Get assistance with items that appear too heavy or awkward. Ensure that there is enough space for movement and that you can walk along the surface safely.
- Stay balanced – keep your feet shoulder-width apart, with one foot beside and the other behind the object to be lifted.
- Carry the object close to your body. To change direction, turn your whole body by shifting your foot position – don’t twist your body!
- To lower object, bend your knees – not your back!

What are some guidelines for lifting?



Store bags at waist height



Do not bend over and try to lift the bag all at once

How do you lift heavy objects from ground level?



Raise bag upright



Put one knee against bag



Pull bag up the leg



Rest bag on edge of knee of the other leg



Stand upright



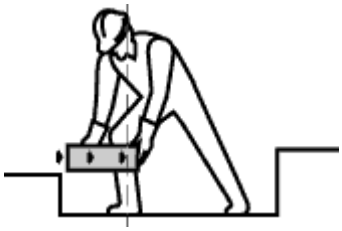
Carry the load with your back in upright position

What are some guidelines for transferring objects?

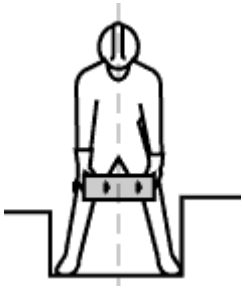
- Reduce the load on your back by transferring your body weight. Shift your body weightfrom one leg to the other. Avoid twisting your back. Momentum helps move the load.
- Use the following sequence of motions for moving heavy or bulky materials such as patiostones, sidewalk slabs, cement blocks, bulbed trees, rolled sod, etc.



Pull material towards you



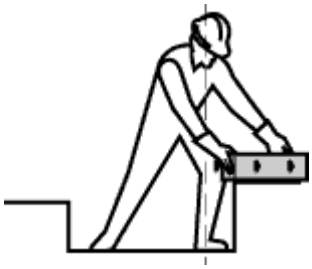
Transfer your weight to the lift side



Lift only to level required



Shift weight to your other leg



Push material into position

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