

## LIFTS AND LOADS: LIFTING BY TWO PERSONS

Lifters should be of similar height to distribute the load evenly. Before starting, they should plan their lifting strategy and decide who will take charge.

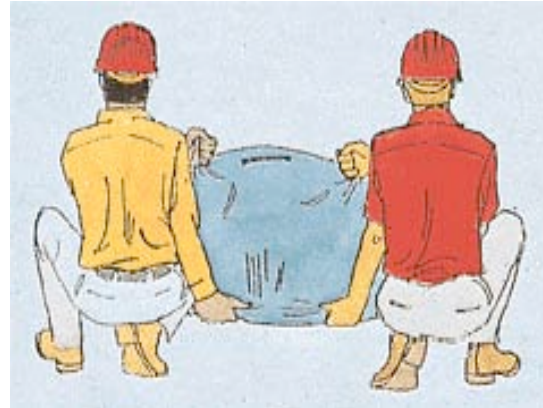
### LONG LOADS



For a long load, the lifter who takes charge must see that each person carries the load on the same side and that the person in front has a clear view ahead.

- Lift load from ground to waist height.
- Lift load from waist to shoulder height.
- When carrying long, flexible loads such as rebar, walk out of step to avoid excessive bounce.

### SACKS



Grasp bottom corner with one hand, upper corner with other.



Lift, using your legs to do the work and maintaining the curve in

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### UP AND DOWN STAIRS



Care must be taken when two people carry a load up or down stairs. Improper carrying can subject the spine to excessive forces that may lead to injury.

It is essential to maintain the correct pelvic tilt. Use your stomach muscles to help support and protect your back.

If possible, the tallest and/or strongest person should be at the bottom, where the load is heaviest.

### LIFTING WITH SUPPORT



Supporting yourself by placing one hand on a secure object or on your thigh can reduce stress on your spine and knees.

