



# SAFETY INFORMATION SHEET

## LIFTING AND BACK SAFETY

### **TO WHAT AND TO WHOM THIS SHEET PERTAINS**

---

Everyone working in the department shop and theatre spaces

### **RISKS OR CONSEQUENCES**

---

Nerve problems, herniated disc, muscle strain and ligament pulls.

### **BEST PRACTICES, RULES & PROCEDURES**

---

- Always use good body mechanics when lifting. Do Not bend your back to pick up an item, bend your knees and move the load into your lap then lift with your legs.
- Maintain the neutral position

### **FOR FURTHER STUDY**

---