**S.M.A.R.T LIFTING**

S**ize up that load**

* Assess the load (shape, size and weight)
* Determine where the load needs to be moved and placed
* Determine whether you can carry the load or whether a mechanical aid should be used



M**ove the load as close to the body as possible**

* Carry the load as close to the body as possible
* Secure your grip



A**lways bend your knees**

* Keep feet apart in a comfortable position (usually in line with hips)
* Minimise lower back bending
* Bend knees (squat or semi-squat position)



R**aise the load with your legs**

* Lift the load with your legs, not your back, in a smooth motion (avoid twisting or jerky movements)
* Maintain normal curvature of the spine

T**urn your feet in the direction you want to move**

* Change direction by pointing your feet and not twisting your back
* To set the load down, squat down, keep your head up and allow your legs to carry the weight