



## Advice for Employers:

### Before Work

- Plan and organize handling of loads
- Ensure more workers for handling of heavy loads
- If possible, separate one heavy and big load into two smaller ones
- Remove obstacles and ensure free pathways for carrying loads
- Provide handles or grips for holding of heavy loads
- Provide trolleys or other supporting devices
- Avoid handling of loads on the surfaces of different levels
- Provide workers with clothing and footwear suitable for their task
- Provide appropriate gloves for workers

**DON'T FORGET!**  
Only healthy worker is a productive worker!



## Advice for Employers:

### When working workers should

- Set their back upright and avoid twisting
- Set their head upright looking forward, not downward to the load
- Keep the load close to their body
- Push and pull the load at normal walking speed
- Use appropriate supporting device

Image sources:

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<http://www.msha.gov/InteractiveTraining/MaterialHandlingSafety/graphics/Slide047.JPG>



Series of Flyers:  
Education for Better Health Protection and Safety at Work



**ARE YOU HANDLING LOADS?**  
**TAKE CARE OF YOUR HEALTH!**

CROATIAN INSTITUTE FOR HEALTH PROTECTION  
AND SAFETY AT WORK

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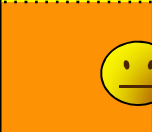


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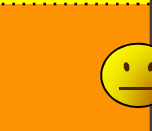

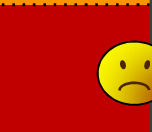
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## Check by yourself whether you handle loads properly

| Loading, Holding, Carrying Loads  |  |  |
|---|--|--|
|  | Upper part of the body is upright, without twisting<br>Load is close to the body                                     |  |
|  | Upper part of the body is slightly bended or twisted<br>Load is close to the body or slightly departed               |  |
|  | Intensive body bending<br>Slight body bending with back twisting<br>Load is far from the body or above shoulders     |  |
|  | Intensive leaning forward with back twisting<br>Load is far from the body<br>Unstable posture, crouching or kneeling |  |

| Pushing or Pulling the Load   |  |  |
|---|--|--|
|   | Upper part of the body is upright<br>No back twisting                                  |   |
|  | Upper part of body is slightly bended or twisted (one hand pulling)                    |  |
|   | Intensive body bending in the moving direction<br>Crouching, kneeling, leaning forward |  |
|  | Bending and back twisting at the same time with pushing or pulling the load            |  |

## Advice for Workers:

### When handling loads

- Do not handle long and heavy loads alone!
- Avoid lifting loads above your head level!
- Rise your head and look forward, not downward to the load!
- Prefer pushing to pulling of loads!
- Avoid sudden movements!
- Turn the whole body not only your back!

## DON'T FORGET!



1. Take a secure stand
2. Take a straddle stand
3. Bend your knees
4. Carry the load as close as possible to your body
5. Lift the load with bended knees!
6. Keep your back upright



**6 x YES**