

DON'T TAKE THE RISK

Rushing on site can get you rushed to hospital.

Common sense can help prevent common mistakes.

If you lift, lower, push, pull, carry or move something, if you don't do it right you risk giving yourself a major, permanent injury. Manual handling is the biggest cause of injuries to construction workers and can be the sort of injuries that keep you out of work - and enjoying your life - for a very long time.

It's important to be mindful of how these incidents occur and what measures you can take to prevent them.

Tips to Avoid Injury

- Stop and Think.
- Grip the load firmly, never bend, twist and lift.
- Keep the load close to the body.
- Push don't pull.
- Avoid reaching.
- Wear appropriate PPE where required.
- Use mechanical aids whenever possible.
- Ask for training, instruction and supervision if you need it.
- Always follow safe work practices.

If you do not feel safe, don't do it. Simply stop and speak with your employer, host trainer or field officer.

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