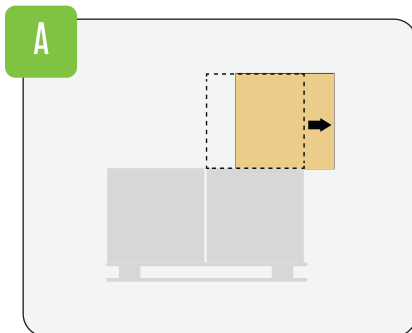


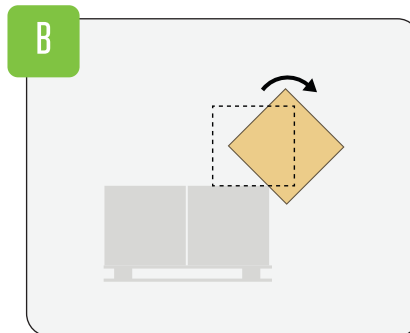


When lifting heavy and difficult loads

Some situations require two persons to handle a box because the box is unhandy, heavy or placed high up. Here you will find good advice on how to best carry out lifts together with a colleague.



Pull out the box to the edge of the surface.



Tip the box diagonally to get a better balance and gripping height.



Stand on each side with your legs slightly apart, slightly bent knees – and a straight back.



By two-person lifting, agree who is in charge and preferably be of same height and strength.



Put down the box by bending your knee and hip joints. Align the box afterwards.



Push the box into place by placing your weight on the leg in front.

Technical aids



An electronic catalogue of technical aids.

www.teknisk-udstyr.dk

Remember!

- ▶ Assess weight and stability.
- ▶ Ensure plenty of space, work close to the load and get a good hold.
- ▶ Agree who is in charge of the lift.
- ▶ Bend your knee and hip joints when lifting.
- ▶ Same height and strength is better.
- ▶ Use technical aids when lifting several or heavy loads.
- ▶ Two-person lifting can only be a temporary solution.