



PREVENT

SOFT TISSUE INJURIES

MOVE AND LIFT THE SAFE WAY

YOUR 'THINK B4U WORK' STRATEGY

1. Do a thorough pre-start Risk Assessment before starting work
2. Specifically consider manual task hazards
3. Adopt Safe Work Practices →
4. Use mechanical assistance to minimise the physical impact on your body

SAFE WORK PRACTICES

- Warm up
- Get assistance for heavy lifts
- Brace yourself
- Avoid repetitive movements
- Regularly pause to stretch and re-mobilise tendons, ligaments and muscles
- Correctly size up loads and where you're carrying them
- Minimise lifting above the shoulders

