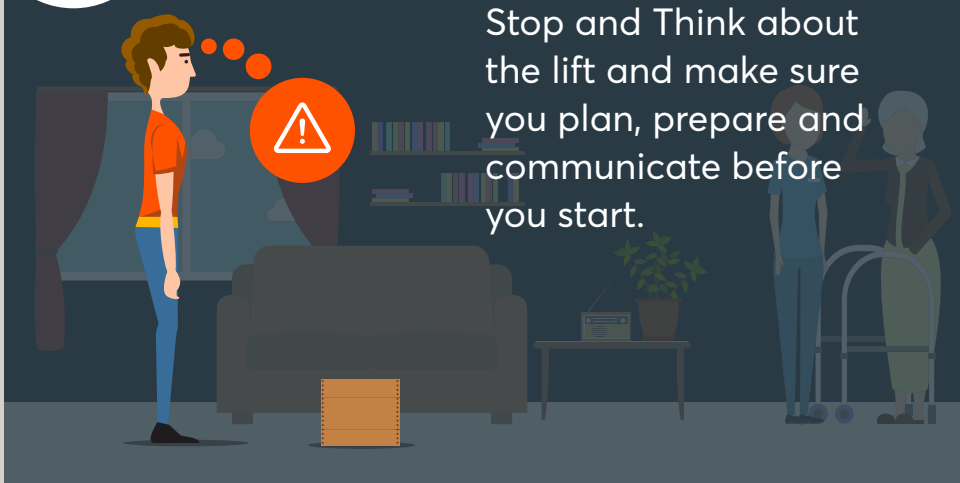


The **S** **M** **A** **R** **T** approach

The SMART approach to lifting can be used in any circumstance of manual handling in the workplace and is designed to help you think, plan and prepare to lift objects to ensure your health and safety at work.

S

1. Stop and think



Stop and Think about the lift and make sure you plan, prepare and communicate before you start.

M

2. Move close to the load



Move close to the load so you can get as close as possible to avoid straining your back.

A

3. Adopt a good posture



Adopt a good posture to maintain your balance and stability to avoid unnecessary movement.

R

4. Raise with your legs



Raise the load with your legs as they are the strongest muscles to reduce any risk to your back and shoulders.

T

5. Transport the load



Transport the load to your destination remembering to maintain a good posture and keep your feet apart to keep you balanced.

We have a wide range of digital training resources to help get your staff trained in health and safety in the workplace.

Please visit www.virtual-college.co.uk to find out how your organisation can benefit.