BEFORE YOU LIFT

Think TILE

Four things to weigh up before you pick anything up.

Task

How far will you carry it? Will you need to twist, reach or lift high or low?

Individual

Are you fit and trained for this? Do you have a back, joint or other health problem?

Load

Is it heavy, bulky, awkward, slippery or hard to grip?

Environment

Is the floor clear and dry? Is there enough light and room?