

Lifting and carrying materials:

Outdoor structures and landscaping: Industrial Technology

In this activity you will learn about the importance of correct lifting and carrying techniques.

This material addresses aspects of the following syllabus outcomes:

- 4.1.1 A student identifies and applies fundamental OH&S principles when working with materials, tools and machines.
- 5.1.1 A student identifies, assesses and manages the risks and OH&S issues associated with the use of a range of materials, hand tools, machine tools and processes.

Extract from: Years 7–10 Industrial Technology Syllabus © Board of Studies NSW 2003.

Lifting and carrying materials

View the *Powerpoint* presentation on correct lifting technique: *Rules for lifting*

<http://siri.uvm.edu/ppt/yourbacklifting/index.htm>.

Activity

After viewing the *Powerpoint* presentation answer the following questions:

1. Outline the ten rules that should be followed for safe lifting.

2. Identify the part of the body that is the most crucial part to bend during the lifting operation.

3. Where should the object be held in relation to the body of a person lifting it?

4. Examine Figure 1 from the *Powerpoint* presentation below. Outline the faults in the lifting procedure that are illustrated in this image.

