



## VCS14228: Safe Lifting

Lifting and carrying. It's something we do all the time, and we normally don't think twice about it. But there are good reasons to consider how we lift and carry things, because there are right ways and wrong ways to do it. And what you don't know about them can hurt you.

REALTIME-SAFETY's training products on "Safe Lifting" provide the information employees need to protect their backs when they are lifting and carrying.

Topics covered in these products include:

- The back's structure and function.
- Preparing for a lift.
- The mechanics of safe lifting.
- Planning a "carry".

This Micro-Learning curriculum includes the following modules:

- "The Back's Structure and Function"
- "Preparing for a Lift"
- "The Mechanics of Safe Lifting"
- "Below the Waist Lifting"
- "Planning a Carry"