MMH – Large and Heavy Sacks Fact Sheets



HOW SHOULD HEAVY LARGE SACKS BE LIFTED?

Lift heavy and large sacks in two stages using an intermediate platform.

When lifting, remember to:

- Straddle the end of the sack.
- Bend the hips and knees.
- Keep the back straight.
- Don’t stoop.
- Grasp the bag with both hands under the end closest to you. Keep elbows inside the thighs.
- Lean forward and straighten the knees to set the bag upright.
- Move your feet closer to the sack.
- Squat with the sack between the thighs with one foot flat on the floor in front of the other.
- Grasp the sack with your elbow inside the thighs. With one hand clasp the sack against your body and use your other hand to hold the bottom of the sack.
- Stand up in one smooth motion.
- Place the sack upright on the platform.
- Place one foot in front of the other with the front foot along side of the platform.
- Bend the hips and knees and keep the back straight.
- Put one shoulder against the sack.
- Readjust your grasp.
- Lean the sack against your shoulder.
- Stand up and straighten the hips and knees.
- Make sure your hands and feet are clear when putting the load down.



How should bulky sacks be lifted?

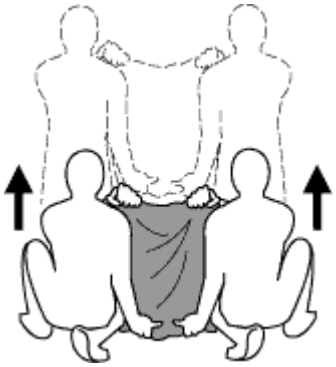
Bulkier sacks are easier to carry on your back. Lift the sack onto your back from a platform as described below.

- Move the sack to the edge of the platform.
- Put your back against the sack.
- Grasp the sack with both hands on the upper corners of the sack.
- Ease the sack onto your back, bending your hips and knees before taking the weight.
- Keep your back straight.
- Stand up and straighten your hips and knees.
- Stabilize the sack.
- Move away without bending sideways.



How should a “two-person lift and stack” be done?

- Position one person on either side of the sack.
- Squat with one foot balancing behind the sack.
- Keep your back straight.
- Hold the bottom of the sack with your closer hand and grasp the upper corner with your outer hand.
- On one person’s command, both people:
    - Stand up and straighten their hips and knees.
    - Move towards the stack.
    - Put the sack on the stack.



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