

How accidents happen : when lifting... when carrying... and remember / prepared for the Ministry of Labour and National Service by the Central Office of Information.

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HOW ACCIDENTS HAPPEN

Every year, 50,000 accidents happen in industry in handling and carrying goods. Many of these could be avoided with greater care, better safety measures and an understanding of the principles of lifting, which depend more on skilful use of the right muscles than on brute force. Some of the most frequent causes of accidents, and how to avoid them, are shown below.

when lifting...



This position causes strain

To avoid strain — lift with back and arms straight, knees bent, legs straightening up gradually.



Don't jerk or shove

Steady does it! Get help whenever necessary.

when carrying...



Don't carry blindly

Make sure of good vision ahead — there may be obstructions.



Size up the job

If it's too big, get help — from a workmate of similar height.

and remember...



Use mechanical aids

Excessive loads are dangerous. Use a fork-lift truck, portable crane or hoist.



Wear protective clothing

Gloves and safety boots prevent risks to hands and feet.



It's tough at the top

Use a platform if you have to stack high.