



For more information, please refer to *Ergonomics Guidelines for Manual Handling*, available through the WorkSafeNB website.

**MAXIMUM
LIMITS FOR
OCCASIONAL LIFTS**

(less than 1 hour per day)

Men 25 kg

Women 15 kg

Cumulative lifts 10,000 kg
(for an 8-hour shift)

- Stand with a wide base of support facing the object.
- Bend your knees and hips, not your back.
- Maintain natural S-curve in back by keeping trunk upright.
- Firm grip on object – neutral wrist posture.
- Keep object close to your body.
- Let your legs do the work.
- To change directions, point your toe where you want to go, don't twist your back.

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