



Lebanese
Ministry of Agriculture

Funded by



Sweden
Sverige



International
Labour
Organization

Body Strain and Heavy Lifting Hazards

Main Risks:

01

Lifting
loads over
20–25 kg

02

Repeated
bending or
twisting

Repetitive
hand
motions

03



Stay Safe:



Lift with your legs, not your back



Keep loads close to your body



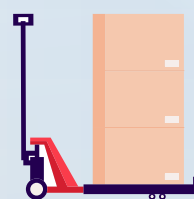
Avoid twisting while carrying,
turn with your feet



Use carts/trolleys, ask for
help with heavy loads



Take short breaks to stretch



Use trolleys, mobile ladders,
or straps to move heavy
loads safely



Use stools for low tasks
instead of squatting