

Everyday movements

Before you move it, check the load.

SPOT IT: Pause when you find yourself moving everyday items or equipment.

These are signals that you need to check the load is manageable.

- 'This feels heavier than I expected...'
- 'This is awkward to grip...'
- 'This feels unbalanced...'

DO IT: Split it. Wheel it. Re-pack it.

Stop the task and use LITE to quickly check:

- **Split it** into smaller, lighter loads
- **Wheel it** using a trolley or wheeled bag
- **Re-pack it** so the weight is balanced and secure

SAY IT: What you can say to others.

'Just one moment, I need to make some adjustments so I can move this safely.'



movewell

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Who should I contact for help or escalation?

This could be your leader, health and safety rep, facilities contact, or a colleague.

Name:

Role:

Contact:

Name:

Role:

Contact: