

Everyday movements

Before you move it, check the load.

The risk

While working you will often need to move everyday items in and out of vehicles, people's homes and workplaces. Loads can be awkward, heavy, unstable or poorly packed, especially when you're on the go or working by yourself. All increase the risk of injury.

How everyday movements lead to injury

- Lifting from awkward positions like car boots or back seats stresses the back, shoulders and arms.
- Carrying uneven or overloaded bags increases strain and fatigue.
- Twisting while lifting or rushing between locations raises the risk of sprains and strains.
- Repeating these movements over the day can add up, even if each lift feels minor.

How to prevent injury: Split it. Wheel it. Re-pack it.

Before you move a load, pause and check whether it is manageable. If not, reducing weight or changing how you move the load lowers strain on your body and helps prevent injury:

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

If it still isn't safe...

If you can't split, wheel or repack, or if this doesn't make the load more manageable, **stop the task** and ask for support, equipment or a different approach.

You'll be supported by your leader to rethink the approach or delay until the right help is available.

Reflection

Think of a time in your mahi (work) when you've had to move everyday items.

What's one load I could split, wheel or re-pack to protect my body?

What would help me pause and make that choice, even when I'm busy or on my own?



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Resources

Move Well: Skills for kaimahi
elearning

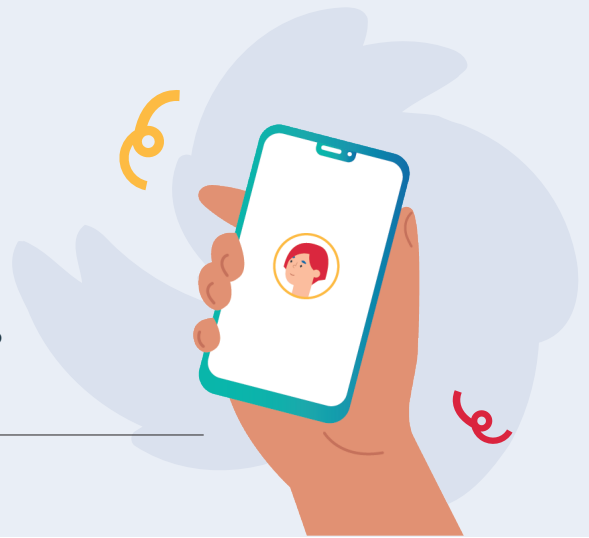
- Moving techniques
- Using equipment
- Communicating my safety

Helplines

Emergency: 111

Healthline (NZ): 0800 611 116

**Employee Assistance
Programme (EAP):** _____



Where can I find the equipment I need?

(e.g. trolleys, wheeled bags)

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: