



5: Lifting and carrying

To stay safe at work, you shouldn't lift anything that is too heavy for you.



Activity 5: Can I lift it on my own?



Your tutor will give you an item to weigh.

- 1 Which weighing scales would it be best to use?
- 2 Which units of measurement will make the most sense?
- 3 Using your weighing scales, weigh your item. How much does it weigh?

- 4 Different people will be able to lift different weights. Some workplaces have guidelines about the maximum weight you should lift. The maximum weight you can lift is 20kg. Is your item safe to lift?