



5: Lifting and carrying

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



Activity 5: How much does it weigh?



Your tutor will give you five items to weigh. Weigh these items using suitable scales and record your findings.

For each item:

- 1 Choose a suitable set of weighing scales.
- 2 Choose the unit of measurement.
- 3 Using your weighing scales, weigh your items. How much does each item weigh?

Item 1:

Item 2:

Item 3:

Item 4:

Item 5:

- 4 Different people will be able to lift different weights. Some workplaces have guidelines about the maximum weight you should lift. If the maximum weight to lift was 20kg, are your items safe to lift?

- 5 What is the total weight of all your items?