

Lifting and moving heavy loads

It is important to:

Take regular breaks and stretch to give your body a rest



Use the right equipment – make sure the picking bag is the right size for you



Wait for machinery to help move heavy things



Drink plenty of water and take a rest break when needed



Bend your legs and not your back when picking up boxes



Use equipment to help move heavy loads, or ask for help



Break up repetitive tasks



Stop work and tell your employer if you are in pain or have injured yourself



Reducing workplace harm.



WorkSafe Victoria can help keep you safe at work. If you are worried about your health and safety at work, you can call WorkSafe on **1800 136 089**. You do not have to tell WorkSafe who you are.

For language support, you can call the Translating and Interpreting Service on **13 14 50**.

Visit [worksafe.vic.gov.au/seasonal-workers](https://www.worksafe.vic.gov.au/seasonal-workers) for more information.

