# Strains at School – Proper Lifting Techniques Picture This





The image shows a school worker lifting a heavy classroom desk in an awkward and unbalanced manner, which increases the risk of muscle strain or back injury. Such lifting technique is unsafe and commonly leads to sprains, pulled muscles, or back injuries, especially in school environments where desks and furniture are frequently moved without proper instruction or assistance.

When lifting any object, especially heavy or bulky furniture, it’s essential to follow safe manual handling practices. These include bending the knees, keeping the back straight, holding the load close to the body, and lifting using the legs rather than the back. Furniture should be carried with assistance if it’s

too heavy or awkward for one person, and mechanical aids should be used when available. Schools should train both staff and students on proper lifting techniques to prevent injuries and promote a safer learning environment.