



Forces and loads

A forceful exertion is when a lot of muscle power is used to lift, push, pull or carry or move an object or load.

- **Heavy** e.g. any object that causes you to use a near maximum muscle effort or to struggle when trying to move it, or you need to get help to move it.
- **Bulky, large, awkward** e.g. any large, oversized, or irregular shaped object you can't get close to and/or blocks your view of where you are going.
- **Unstable or unbalanced** object with shifting contents that make it harder to control, e.g. carrying a drum with liquid in it that suddenly moves to one side causing a sudden or jerky movement and a sudden effort.
- **Harmful or fragile** e.g. a load that is sharp, rough, hot, cold or needs to be handled with care.
- **Difficult to grip** or uncomfortable to grip e.g. load is smooth, slippery, wet or greasy and doesn't have handles or handles that are too small or uncomfortable.

