

MEMBER ALERT



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LOSS PREVENTION: SHIP SHAPE – *THE RIGHT WAY TO LIFT ONBOARD*

Routine work at sea often involves lifting or moving bulky, awkward, or heavy objects over short distances. When these tasks rely on manual handling, it is critical to use proper techniques to avoid placing unnecessary strain on the back.

In this video, we demonstrate the correct method for lifting and setting down an item with a partner. When lifting independently, proper training and consistent attention to lifting form are essential. Practicing safe techniques every time enables seafarers to work longer, stronger, and more safely—while significantly reducing the risk of injury.

The Right Way to Lift Onboard

This project would not have been possible without the valuable participation and support of our member, [Lydia Ann Channel Mooring](#), whose collaboration helped bring this initiative to life. We extend our sincere thanks for their partnership and commitment to promoting seafarer wellness across the maritime industry.

For further information on a broad range of seafarer wellness initiatives, please refer to our website at:

<https://www.american-club.com/page/seafarer-wellness>

The Club thanks [ShipShape Health](#) for providing this valuable guidance and supporting our mission to enhance safety, health, and quality of life for mariners worldwide.