

- **Assess** the risk of injury from any hazardous manual handling that can't be avoided.
- **Please assess the following before manual handling Starts:**
 - a. Size, shape and weight of the objects;
 - b. Check for nails splinters, and sharp edges;
 - c. Check for grease, oil, moisture;
 - d. Slopes ramps uneven surfaces;
 - e. Hot and cold objects;
 - f. Long carrying distance;
 - g. Bumpy, obstructed or slippery floors;
 - h. Personal protective equipments;
 - i. Your health conditions.

Safe manual handling practices:

- ❖ Make sure the route is clear of obstructions;
- ❖ Avoid twisting and awkward body positions;
- ❖ Carry the load without sudden starts or stops. Move slowly, and watch your step;



Manual Handling Answers

L Towne

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'L Towne' text.

Manual Handling Answers:

Manual Handling Answers Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Manual Handling Answers**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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