

MANUAL HANDLING

THE DEFINITION:

"MOVEMENT OF A LOAD BY ONE, OR MORE, PERSONS."

MECHANICAL EQUIPMENT:



TROLLEYS

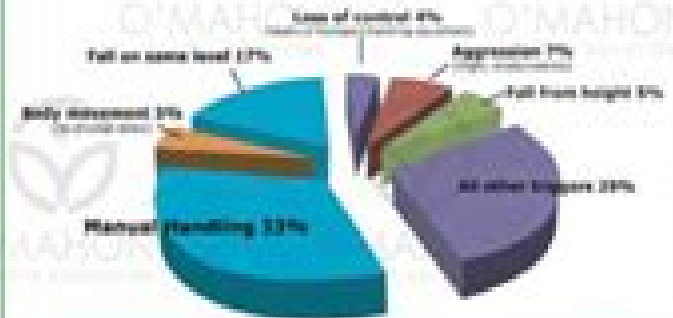
HAND TRUCK

ELECTRIC
HAND TRUCK

FORKLIFT

THE ACCIDENT STATISTICS

WORKPLACE ACCIDENT STATISTICS



PRINCIPALS OF MANUAL HANDLING

- ASSESS- TASK
- STAND CLOSE TO LOAD
- BROAD STABLE BASE, FEET IN DIRECTION OF TRAVEL
- LOOK FORWARD TO ALIGN SPINE
- BEND KNEES
- FIRM PALM GRIP/ ARMS IN LINE WITH TRUNK
- MOVE SMOOTHLY USING THE POWER OF THE LEGS

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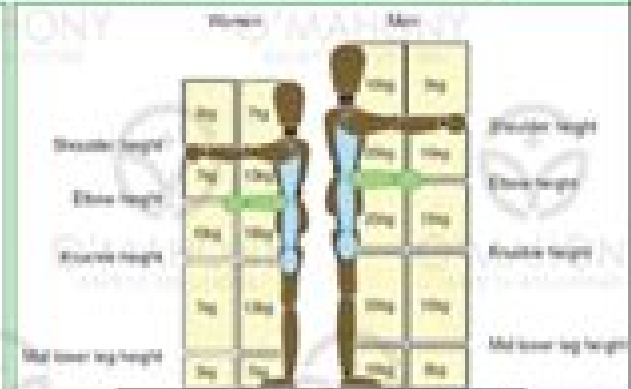
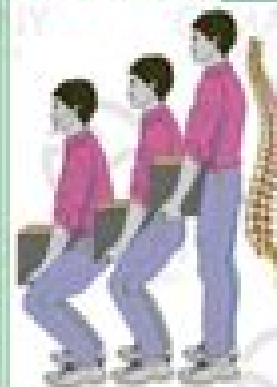
TASK: (WHAT MOVEMENTS AND BODY POSTURES PUT PRESSURE ON THE BACK?)

INDIVIDUAL: (WHAT CHARACTERISTICS OF A PERSON MAKE THEM MORE AT RISK?)

LOAD: (WHAT CHARACTERISTICS OF THE LOAD INCREASE THE RISK?)

ENVIRONMENT: (WHAT ASPECTS OF THE ENVIRONMENT WILL INCREASE THE RISK?)

CORRECT LIFTING POSTURE



Hse Manual Handling Poster

Jiyuan Zhang



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