

Manual handling

Basics

1. Assess the load and the route you will be using
2. Use your legs to lift, NOT your back
3. Keep the load close to your body
4. Ask for assistance if the load is too heavy for 1 person
or use mechanical aids to help such as a trolley
5. NEVER attempt to lift an object that is too heavy

Click on the link to get more information on manual handling

http://www.safework.sa.gov.au/uploaded_files/mh_booklet.pdf



Manual Handling Techniques In Child Care

Marco Cascella

A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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