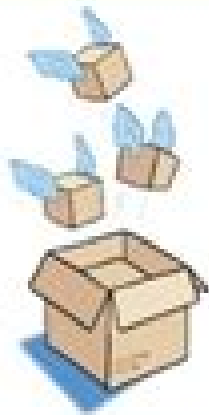


Manual Handling

Load



If it is too heavy, can it be lightened or split? If it is unstable, can handles be fitted or the load be reapporioned?

Individual



Consider the capability of the person. Are they strong/fit enough? Are they adequately trained for the task?

Task



Does the task involve stretching, twisting or bending? Can machinery be used or can team handling be used?

Environment



Where the task takes place. Is the floor slippery or uneven? Can the layout or floor condition be improved?

Manual Handling Strategy

Tim Ainslie

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

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