

# **Manual Handling**

## **Safe Lifting Techniques**

**Bend Your Knees,  
With Your Back  
Arched Inwards**



**Lift With Leg And  
Arm Muscles, Not  
Your Back**



**Grip Firmly, Hold  
Close To The Body**



# Manual Handling Safe Lifting Techniques

**Ian Pickup**



## **Manual Handling Safe Lifting Techniques:**

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