

# Manual handling

## FACT

Manual handling was the most frequent cause of over-seven-day injury in 2014/15 and approximately 909,000 working days are lost each year due to handling injuries.\*

\*HSE: Handling Injuries in Great Britain Report 6, 2014

## 1 STOP AND THINK

- Where is the load going?
- Are there any obstacles?
- Are there any aids to help me?
- Consider the size, shape and weight of the load



## 2 THE LIFT

- |  |  |
|--|--|
| ✓ Keep distances to a minimum            | ✓ Firm hold from below                         |
| ✓ Prepare the area (remove trip hazards) | ✓ Lead with your head as you lift              |
| ✓ Test the load                          | ✓ Keep movement smooth                         |
| ✓ Feet apart                             | ✓ Keep load close to your body                 |
| ✓ Leading leg slightly forward           | ✓ Reverse the procedure when lowering the load |
| ✓ Hips and knees relaxed                 |  |

## 3 DON'T

- |               |                                  |
|---------------|----------------------------------|
| ✗ Jerk        | ✗ Twist                          |
| ✗ Overstretch | ✗ Lift loads which are too heavy |



## 4 ASK FOR HELP IF REQUIRED

If the load is too heavy or you have a problem, ask for help

# Manual Handling Procedure Example

**Lei Shi**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

## **Manual Handling Procedure Example:**

The Top Books of the Year Manual Handling Procedure Example The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. Manual Handling Procedure Example : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Manual Handling Procedure Example : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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