

# MANUAL HANDLING

## TOP 10 TIPS:

**1** COMPLETE A  
MANUAL HANDLING  
RISK ASSESSMENT **RISK**



ENSURE EMPLOYEES  
HAVE THE CORRECT  
MANUAL HANDLING  
**TRAINING**



**3** USE MECHANICAL AIDS  
WHEREVER POSSIBLE



**4** PLAN YOUR  
ROUTE



**5** WORK  
FROM A  
STABLE  
BASE



**6** KEEP THE  
LOAD CLOSE  
TO YOUR BODY

**BEND  
YOUR  
KNEES**

**7**



**PUSH  
A LOAD  
RATHER THAN  
PULL IT**



**8** AVOID TWISTING



**10** KNOW YOUR  
LIMITS



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# H Amp S Manual Handling

**KJ Lindholm-Leary**



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