

MANUAL HANDLING

GOOD HANDLING TECHNIQUES



INSPECTION & ASSESSMENT

- Recognize the potential hazards and risks.
- Use Personal Protective Equipment properly.
- Realize your own capability and know how to use Handling Aids.
- Understand the alternative handling operations.
- Appreciate environmental factors contributing to safety.



CHECK THE FOLLOWING PROCEDURES

1. Dangers

Are there any sharp corners, nails, points, etc.

2. Plan

Is your path clear from obstructions?

3. Balance

Is the parcel is stable and easily gripped?

4. Rest

You can stop and rest if you need to.

5. Protection

Are you wearing the appropriate protective equipment?



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Manual And Mechanical Handling Techniques

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