

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

LL Leslie



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