

Manual Handling



Planning...

- Can I handle the load?
- Can a lifting aid be used?
- Do I need help?
- What are the hazards?



Posture...

- Keep your feet apart.
- Slightly bend your back, hips and knees.
- Keep shoulders level and facing forwards.
- Keep the load close to your body.



✗ Don't over stretch your back.

The lift...

- Raise the load whilst straightening your legs.
- Keep the load close to your waist.
- Keep your head up.
- Move smoothly.



✗ Do not twist or turn.

Manual Handling Training Handouts

Michael Hoelscher



Manual Handling Training Handouts:

Whispering the Strategies of Language: An Emotional Journey through **Manual Handling Training Handouts**

In a digitally-driven world where screens reign supreme and instant conversation drowns out the subtleties of language, the profound techniques and mental nuances hidden within words usually go unheard. Yet, situated within the pages of **Manual Handling Training Handouts** a fascinating fictional value blinking with fresh emotions, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, that marvelous opus invites readers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very cloth of every word. Within the psychological depths of this touching review, we can embark upon a genuine exploration of the book in primary styles, dissect its captivating writing fashion, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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