

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

E Durkheim



Manual Handling Training Handouts:

Ultimate Guide to Manual Handling Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

Professional Development, Reflection and Decision-making Melanie Jasper, 2006 Providing an introduction to reflective practice clinical decision making and professional development this book explores the concepts in relation to professional practice and inter professional working competencies and accountability and portfolio development

Safety in Manual Materials Handling, 1978 **Technical Manual** United States Department of the Army, 1952 Materials Handling Handbook Raymond A. Kulweic, 1991-01-16 Sponsored jointly by the American Society of Mechanical Engineers and International Material Management Society this single source reference is designed to meet today's need for updated technical information on planning installing and operating materials handling systems It not only classifies and describes the standard types of materials handling equipment but also analyzes the engineering specifications and compares the operating capabilities of each type Over one hundred professionals in various areas of materials handling present efficient methods procedures and systems that have significantly reduced both manufacturing and distribution costs

Quartermaster Corps Manual United States. Army. Quartermaster Corps, 1945 *Materials Handling Handbook* Harold A. Bolz, George Edward Hagemann, 1958 **Aspects of Materials Handling** Keshava Chanda Arora, Vikas V. Shinde, 2007

Vocational Education : State Instruction Materials for ... Oklahoma. State Department of Vocational and Technical Education. Curriculum and Instructional Materials Center, 1974 Operator Selection and Training: Materials Handling Equipment United States. War Department, 1945 **Catalog of Training Products for the Mining Industry** National Mine Health and Safety Academy, **DBT Skills Training Manual**, TRAM 11, Training Resources Applied to Mining Michael J. Klishis, Ann Payne, 1985

Monthly Catalog of United States Government Publications United States. Superintendent of Documents, 1985 February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications September issue includes List of depository libraries June and December issues include semiannual index Monthly Catalogue, United States Public Documents, 1985 *Depot Operations* United States. Army. Quartermaster Corps, 1954

Labour Inspection in the Engineering Industry, 1989 **Technical Manual** United States. War Department, 1946 Warehouse Safety George Swartz, 1999-05-01 Because warehouses typically contain no dangerous machines or high risk operations employers and employees often develop a false sense of safety and security With this book you will learn how to proactively develop formal safety programs and reduce the number of safety incidents and losses that occur in your warehouse environment Warehouse Safety discusses such topics as the nature of warehouse operations and safety statistics and examines the components of an effective safety program including meetings job safety observation and safety incentives It focuses on the high hazard work

areas and situation present in warehouses and the equipment and training that managers should invest in to prevent injury and loss Author George Swartz addresses a number of preventative measures including fixed fire systems and fire safety materials storage handrailing and ladders employee training forklifts methods for lockout tagout procedures dock hazards and safeguards and more **Bibliography of Scientific and Industrial Reports** ,1947

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