

TOP 10 TIPS FOR MANUAL HANDLING

1

Assess before you handle or lift anything: your capability & the task itself



2

Adopt a good posture; maintain spine in natural curves



3

Avoid stooping. Stooping results in damage to discs, ligaments and muscles as they work at the end of their range



4

Adopt a stable base



5

Make sure you have a secure grip on the load



6

Avoid twisting (damages discs, muscles and ligaments)



7

Hold the load object/person close



8

Use smooth flowing movements to prevent injury to muscles and ligaments



9

Handle tasks at low level with extra care.

10

Avoid prolonged effort in static positions.

Manual Handling Lifting Diagram

Annelies Wilder-Smith



Manual Handling Lifting Diagram:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Manual Handling Lifting Diagram**

In a global inundated with monitors and the cacophony of fast transmission, the profound energy and emotional resonance of verbal artistry frequently diminish into obscurity, eclipsed by the regular onslaught of sound and distractions. However, nestled within the lyrical pages of **Manual Handling Lifting Diagram**, a charming function of fictional elegance that pulses with organic thoughts, lies an wonderful journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that exciting opus courses visitors on an emotional odyssey, delicately revealing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is key subjects, dissect its fascinating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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