

Manual handling techniques

Follow these rules to successfully lift or move an item.

Think

Posture

Stable
position

Keep close

Watch your
back

Take it easy

Think and plan the lift, asking yourself the questions:

- Can I avoid the lift?
- Do I need personal protective equipment such as safety shoes or boots?
- Can I get help from someone or use a handling aid such as a trolley?
- What are the contents of the load? Will they shift or are they harmful?
- Are there handles I can use to gain a good grip?
- What route will I take?



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Manual Handling Training For Hotel Housekeeping

Michael Rajnik



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