# What is manual handling?

#### Manual Handling

Any transporting or supporting of a load by hand or bodily force

### Manual handling activities include...

- · Lifting
- Pushing
- Pulling
- Putting Down
- Carrying
- Moving

# Examples include...

- · Lifting a box
- Pushing a trolley
- Pulling a rope
- Putting down a bucket
- · Carrying a bag
- · Moving ground with a spade

While manual handling in itself may not be seen as a high risk activity, manual handling activities are carried out in every workplace including offices, construction sites, warehouses, schools, shops, hospitals and factories.

# **Manual Handling Training Knowledge Test And Answers**

Marcelo M. Soares, Francesco Rebelo

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