

# 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 Safety Presentations

**Victor M. Corman**



## **Manual Handling Safety Presentations:**

## Embracing the Melody of Term: An Psychological Symphony within **Manual Handling Safety Presentations**

In a world eaten by screens and the ceaseless chatter of quick transmission, the melodic beauty and emotional symphony produced by the published word often disappear in to the backdrop, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Manual Handling Safety Presentations** an enchanting fictional value full of fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this charming masterpiece conducts visitors on a psychological trip, well unraveling the hidden melodies and profound affect resonating within each carefully crafted phrase. Within the depths of the emotional analysis, we shall explore the book is key harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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