

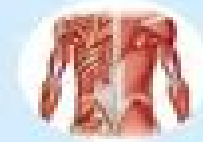
TOP TIPS FOR SAFE LIFTING

DO

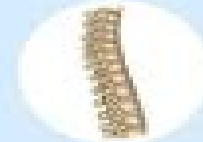
- Assess the load
- Position your feet shoulder-width apart
- Bend your knees and keep your back straight
- Lift with your legs
- Hold the object close to the centre of your body; engage your core muscles by pulling them inward and upwards on exhalation
- Grip with the palms of your hands



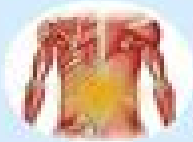
Healthy Back Muscles



Healthy Spine



Back Strain



Herniated Discs



DON'T

- Don't lift it if it's too heavy
- Don't bend your back
- No twisting — feet, knees, and torso should point in the same direction
- Don't lift above your chest level
- Take extra care lifting awkward-shaped objects

Manual Handling Safe Lifting

Jianjun Gao



Manual Handling Safe Lifting:

Manual Handling, 2015 *Air Force Manual* United States. Department of the Air Force, *Accident Prevention Handbook* United States. Department of the Air Force, 1962 **Introduction to Health and Safety at Work** Phil Hughes, Ed Ferrett, 2009 Introduction to Health and Safety at Work has been developed for the NEBOSH National General Certificate in Occupational Safety and Health Each element of the syllabus has a dedicated chapter and both taught units are covered in this book A chapter on international aspects also makes this book suitable for the NEBOSH International General Certificate in Occupational Safety and Health Previous editions of this book have been used for other NVQ level 3 and 4 courses in health and safety Full colour pages and hundreds of illustrations bring health and safety to life To make studying easier each chapter starts with learning outcome summaries and ends with questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter aid exam preparation As an introduction to all areas of occupational safety and health the book acts as a practical reference for managers and directors with health and safety responsibilities and safety representatives It covers the essential elements of health and safety management the legal framework risk assessment and control standards and includes handy forms and checklists New in this edition Updated throughout in line with changes in the regulations Learning outcomes now included at the beginning of each chapter Companion website with downloadable health and safety forms Endorsed by NEBOSH Student friendly presentation in full colour packed with illustrations and photographs Revision questions and sample answers taken from recent NEBOSH examinations to test your knowledge Includes a summary of the main legal requirements ideal for both students and managers A free companion website is also available at www.elsevierdirect.com/companions/9781856176682 and features Editable health and safety forms Selected appendices sections in electronic format Phil Hughes MBE MSc CFIOSH is a former Chairman of NEBOSH 1995 2001 former President of IOSH 1990 1991 and runs his own consultancy He received an MBE for services to health safety and as a director of RoSPA in the New Years Honours List 2005 Ed Ferrett PhD BSc Hons Eng CEng MIMechE MIET CMIOSH is a former Vice Chairman of NEBOSH 1999 2008 and a lecturer on NEBOSH courses at Cornwall Business School of Cornwall College He is a Chartered Engineer and a health and safety consultant **Manual Materials Handling** M M Ayoub, 2020-11-25 This book highlights the problems and hazards of manual materials handling and provides ergonomic and engineering solutions for alleviating them It is helpful for both researchers and practitioners who are committed to solving the multifaceted manual materials handling problem **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 **Handbook of Modern Hospital Safety** William Charney, 2009-07-28 It is ironic that those whose job it is to save lives often find themselves injured in the course of performing their duties In fact according to the Bureau of Labor Statistics healthcare

workers have higher injury rates than agriculture workers miners and construction workers The Handbook of Modern Hospital Safety Second Edition covers expo

Production Safety for Film, Television and Video Robin Small, 2000-07-03 Covering all aspects of production safety this is an invaluable reference guide for the independent programme maker freelancer manager producer tutor and student filmmaker Robin Small identifies all the major risks and gives advice on how to control and or eliminate them Each hazard section includes useful references to the relevant legislation documents and licences as well as addresses of organisations for essential advice and recommended further reading An appendix lists samples of vital certificates with visual references provided on www.focalpress.com Important information about hazard identification risk assessment and safety policy is provided in the chapters covering legislation health and safety management personal protective equipment and insurance Particular hazards are then split into individual sections for ease of reference These hazards include Asbestos Cranes Explosives and pyrotechnics Food and catering Manual handling and lifting Visual display screens Working at heights The appendices provide comprehensive contact information for UK and European Health and Safety sources They also include sample forms to draw up your own safety system Robin Small is Senior Lecturer in Television Media Department at the University of Huddersfield

Safe Manual Handling Graham Roberts-Phelps, 1998-11 Manual handling operations regulations Preventing injuries Six steps to safe lifting Look after your back Learning review If you want your people to be aware of and follow health and safety best practice you need to keep reminding them Familiarity breeds contempt and there will always be the temptation to cut corners which can be fatal This series of ten workbooks provides health and safety awareness and training where it's most needed in the workplace The workbooks are divided into 20 minute sections each one providing basic facts and figures checklists techniques ideas and information The assignments exercises and case studies test and reinforce understanding and knowledge and help put the learning into perspective The workbooks can be used before during or after any health and safety course and provide guidance for the trainer or manager on their use in a training session or for self study Any organization keen to assume its legal responsibilities for staff welfare and to encourage good health and safety awareness and behaviour will find these workbooks an authoritative practical and low cost aid for its managers and staff

Introduction to Ergonomics, Second Edition Robert Bridger, 2008-06-26 When faced with productivity problems in the workplace engineers might call for better machines and management might call for better trained people but ergonomists call for a better interface and better interaction between the user and the machine Introduction to Ergonomics 2nd Edition provides a comprehensive introduction to ergonomics as the study of the relationship between people and their working environment The author presents evidence from field trials studies and experiments that demonstrate the value of ergonomics in making the workplace safer more error resistant and compatible with users characteristics and psychological and social needs Evidence for the effectiveness of each topic is incorporated throughout the book as well which helps practitioners to make the case for

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