

Manual handling is those tasks that require you to exert force to physically move an object, load or body part

This exertion can be seen as lifting, lowering, pushing, pulling, carrying, moving, holding or restraining any object, animal or person

There is a multitude of tasks undertaken by employees in the hotel industry that meet this definition

Follow the good manual handling technique guide to minimise the possibility of injury



# Manual Handling Hotels

**Michael Rajnik**



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