TOP TIPS FOR SAFE LIFTING

DO

- · Assess the load
- Position your feet shoulderwidth 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





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

Robin Small

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 Workhas 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 guestions 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 HughesMBE 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 FerrettPhD 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

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