Twisting/Leaning

Operative neither twists nor leans during operation Trunk twists in relation to the hips and thighs or the operative leans to one side as the load is lifted

Trunk both twists and bends to the side as the load is lifted

Holding load away from trunk



CLOSE: Upper arms aligned and upright truck



MODERATE: Upper arms angled away from body



MODERATE: Trunk bent forward



FAR: Upper arms angled away from body and trunk bent forward

Vertical lift region



Above knee and/or below elbow height



Below knee and/or above elbow height



Floor level or below



At head height or above

Difficult to grip

Containers with well- designed handles or handholds, fit for purpose

Loose parts enabling comfortable grip

Containers with poor handles or hand holds

Fingers to be clamped at 90 degrees under the container

Containers of poor design. Loose parts, irregular objects, bulky or difficult to handle

Non-rigid sacks or unpredictable loads

Constraints on posture

Movements of the operative are unhindered

Operative adopts restricted postures during the lift because of the space available (eg a narrow gap between pallet loads)

Posture is severely restricted e.g. confined space entry

Floor Condition

Dry and clean floor in good condition. Dry floor but in poor condition, worn, uneven.

Wet floor or unstable footing.

Manual Handling Risk Controls

Jianjun Gao

Manual Handling Risk Controls:

The Enigmatic Realm of Manual Handling Risk Controls: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Manual Handling Risk Controls** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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