

MANUAL HANDLING

TOP 10 TIPS:

1 COMPLETE A
MANUAL HANDLING
RISK ASSESSMENT **RISK**



ENSURE EMPLOYEES
HAVE THE CORRECT
**MANUAL HANDLING
TRAINING**



3 USE **MECHANICAL AIDS**
WHEREVER POSSIBLE



4 PLAN YOUR
ROUTE



5
WORK FROM A
**STABLE
BASE**



6 KEEP THE
**LOAD CLOSE
TO YOUR BODY**

**BEND
YOUR
KNEES**

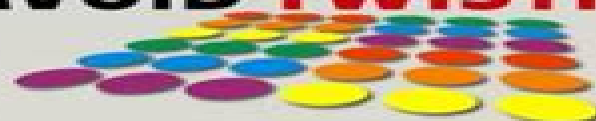
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**PUSH
A LOAD
RATHER THAN
PULL IT**



8 AVOID **TWISTING**



10 KNOW YOUR
LIMITS



osteopathsforindustry

Manual Handling Advice

CL Gary

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'CL Gary' text.

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