

Manual Handling



Planning...

- Can I handle the load?
- Can a lifting aid be used?
- Do I need help?
- What are the hazards?



Posture...

- Keep your feet apart.
- Slightly bend your back, hips and knees.
- Keep shoulders level and facing forwards.
- Keep the load close to your body.



✗ Don't over stretch your back.

The lift...

- Raise the load whilst straightening your legs.
- Keep the load close to your waist.
- Keep your head up.
- Move smoothly.



✗ Do not twist or turn.

Manual Handling Guidelines Poster

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A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the text box.

Manual Handling Guidelines Poster:

Manual Handling Guidelines Poster Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Manual Handling Guidelines Poster**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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