



TIPS FOR HANDLING



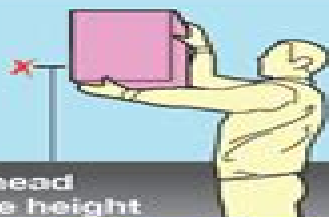
ASSESS your object and your task BEFORE you lift

Have a plan of attack. Plan your route before you lift. Clear any obstacles from your path, and be sure you know what is in your way if you cannot see your path well.



LIFT with your LEGS

Bend at the knees and hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Semi Squat Technique (Frog lift).



AVOID lifting overhead or from below knee height

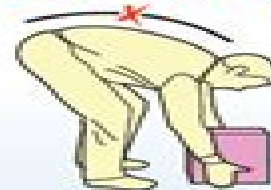
The risk of injury increases when objects are lifted from overhead or below knee height. Avoid storing objects above head height or below knee height when possible.

REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, for example, repack a heavy load into smaller parcels.

Two person lifts

When lifting with two or more people ALWAYS ensure people of same size and strength for manual handling tasks.



Avoid STOOPING

Keep your back neutral. You are less likely to injure your back if you keep your back neutral during lifting.

HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height and/or far from your body.

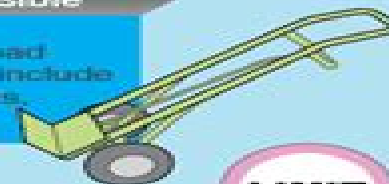
Don't BEND or TWIST while you are lifting or carrying

Any improper bending or twisting could throw you off balance or injure your back.



Use lifting aids when possible

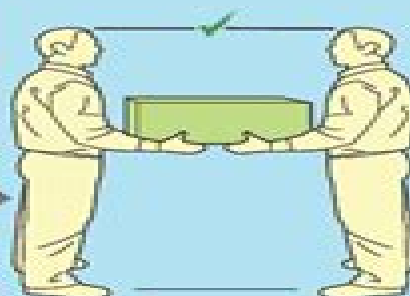
Use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include wheelbarrows, conveyor belts, trolleys, cranes or forklifts.



LIMIT

KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is awkwardly large or unstable, it can be difficult to lift and could cause you pain. It is better to wait and ask for assistance than to try to lift something that could potentially injure your back.



Manual Handling Handout

B Lingard



Manual Handling Handout:

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 **Technical Manual** United States Department of the Army, 1972

Quartermaster Corps Manual United States. Army. Quartermaster Corps, 1954 **The Health and Safety Trainer's Guidebook** Simon Watson Pain, 2022-11-29 The book is designed to help trainers design and deliver health and safety training in a fun and high impact way such that trainees engage with the subject and remember how to apply it in the work environment It will be useful for managers trainers professionals and graduate students in the fields of ergonomics human factors and occupational health and safety The text comprehensively explains the effect of the brain on learning and then develops the training processes from training needs analysis all the way through effective training techniques and ending with competence assurance The unique approach of the book is that Part II provides a range of 30 tried and tested original resource ideas to make health and safety training effective and memorable It will be a valuable text for professionals and graduate students in the fields of ergonomics human factors and occupation health and safety Provides practical and tested solutions to common training problems Covers a resource section showing how to develop interesting and relevant training exercises Focuses on special needs of health and safety training Guides the reader through identifying the training need delivering the training and finally assuring competence Designed to help trainers design and deliver health and safety training in a fun and high impact way **Storage and Materials Handling** United States. Department of Defense, 1955 This manual enunciates sound basic principles of good warehousing and translates principles into standard methods procedures and techniques which have proved by long experience to be the most efficient and effective in the storage and handling of military supplies Manual of Accounting Practice National Electrical Contractors Association, 1925

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Legislation Great Britain, 1914 *Vocational Education* , 1973 **The United States Pony Club Manual of**

Horsemanship Susan E. Harris, 2012-07-31 Required reading for every Pony Club Member now in a valuable new edition The United States Pony Club USPC is among the largest equestrian organizations in the United States with more than 14 000 members in 600 clubs spread across 49 states credited with training many current and past Olympic competitors The USPC Manuals are required reading for every Pony Club Member and will continue to be required reading into their new editions This book is written and illustrated for youngsters who want to learn to ride especially members of the U S Pony Clubs Inc who want to meet the USPC s Standards of Proficiency If you re that youngster you will be able to read this book on your own

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