

# 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 Handouts For Employees

**J Spring**



## **Manual Handling Handouts For Employees:**

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**Introduction to Health and Safety at Work** Phil Hughes, Ed Ferrett, 2011 This edition has been produced in order to update the health and safety legislation with particular regard to changes relating to fire construction CDM asbestos vibration noise hazardous waste and the environment

**Employee Benefits Survey Collection Manual** Susan Powers, United States. Bureau of Labor Statistics. Office of Survey Processing, 1987

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