

- **Assess** the risk of injury from any hazardous manual handling that can't be avoided.
- **Please assess the following before manual handling Starts:**
 - a. Size, shape and weight of the objects;
 - b. Check for nails splinters, and sharp edges;
 - c. Check for grease, oil, moisture;
 - d. Slopes ramps uneven surfaces;
 - e. Hot and cold objects;
 - f. Long carrying distance;
 - g. Bumpy, obstructed or slippery floors;
 - h. Personal protective equipments;
 - i. Your health conditions.

Safe manual handling practices:

- ❖ Make sure the route is clear of obstructions;
- ❖ Avoid twisting and awkward body positions;
- ❖ Carry the load without sudden starts or stops. Move slowly, and watch your step;



Manual Handling Answers

Jicheng Xie



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