



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ASSESS your task FIRST

ASK: Can you fit your arms over the load? Clear any obstacles from your path and know where obstacles will be in an unclear path.



Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.



TIGHTEN your abs

Using your core abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

LIFT with your LEGS

Bend at the knees & hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Sorel Squat Technique (Squat 101).

Keep your back STRAIGHT

When you keep your back straight (neutral) your legs carry the majority of the weight making you less likely to injure your back.

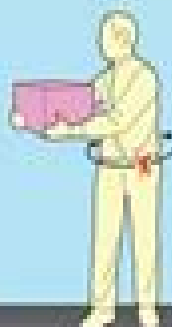


HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and closer to your body than at any other height, similar to how your body.

Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid carrying objects at these heights when possible.



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

Improper bending or twisting could throw you off balance or cause injury.

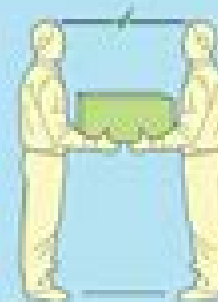
Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: strapping, conveyor belts, trolleys, cranes or forklifts.



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, e.g. stretch a heavy load into smaller sections.



Two person lifts

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

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 extremely large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.

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Manual Handling Guidelines Poster

L Reisser

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Manual Handling Guidelines Poster:

This book delves into Manual Handling Guidelines Poster. Manual Handling Guidelines Poster is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual Handling Guidelines Poster, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Manual Handling Guidelines Poster
 - Chapter 2: Essential Elements of Manual Handling Guidelines Poster
 - Chapter 3: Manual Handling Guidelines Poster in Everyday Life
 - Chapter 4: Manual Handling Guidelines Poster in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Manual Handling Guidelines Poster. The first chapter will explore what Manual Handling Guidelines Poster is, why Manual Handling Guidelines Poster is vital, and how to effectively learn about Manual Handling Guidelines Poster.
 3. In chapter 2, this book will delve into the foundational concepts of Manual Handling Guidelines Poster. The second chapter will elucidate the essential principles that must be understood to grasp Manual Handling Guidelines Poster in its entirety.
 4. In chapter 3, this book will examine the practical applications of Manual Handling Guidelines Poster in daily life. This chapter will showcase real-world examples of how Manual Handling Guidelines Poster can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Manual Handling Guidelines Poster in specific contexts. The fourth chapter will explore how Manual Handling Guidelines Poster is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Manual Handling Guidelines Poster. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Handling Guidelines Poster.

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