

# 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

**Roman Wölfel**

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.

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