

# What is manual handling?

## *Manual Handling*

*Any transporting or supporting of a load by hand or bodily force*

Manual handling activities include...

- Lifting
- Pushing
- Pulling
- Putting Down
- Carrying
- Moving

Examples include...

- Lifting a box
- Pushing a trolley
- Pulling a rope
- Putting down a bucket
- Carrying a bag
- Moving ground with a spade

While manual handling in itself may not be seen as a high risk activity, **manual handling activities are carried out in every workplace** including offices, construction sites, warehouses, schools, shops, hospitals and factories.

# Manual Handling Questions Test

**United States. Federal Aviation  
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A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the United States Federal Aviation Administration text.

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**United States Army Training Manual** United States. Adjutant-General's Office, 1923

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... Alberta Walker,Mary Rosetta Parkman,1933 *Test Manual for the Armed Services Vocational Aptitude Battery* ,1984

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