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 Quiz Questions Answers

United States. Department of the Air Force, United States. Dept. of the Air Force

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