

Manual handling

FACT

Manual handling was the most frequent cause of over-seven-day injury in 2014/15 and approximately 909,000 working days are lost each year due to handling injuries.*

*HSE: Handling Injuries in Great Britain Report 6, 2014

1 STOP AND THINK

- Where is the load going?
- Are there any obstacles?
- Are there any aids to help me?
- Consider the size, shape and weight of the load



2 THE LIFT

- | | |
|--|--|
| ✓ Keep distances to a minimum | ✓ Firm hold from below |
| ✓ Prepare the area (remove trip hazards) | ✓ Lead with your head as you lift |
| ✓ Test the load | ✓ Keep movement smooth |
| ✓ Feet apart | ✓ Keep load close to your body |
| ✓ Leading leg slightly forward | ✓ Reverse the procedure when lowering the load |
| ✓ Hips and knees relaxed | |

3 DON'T

- | | |
|---------------|----------------------------------|
| ✗ Jerk | ✗ Twist |
| ✗ Overstretch | ✗ Lift loads which are too heavy |



4 ASK FOR HELP IF REQUIRED

If the load is too heavy or you have a problem, ask for help

Manual Handling Procedure Example

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