

MANUAL HANDLING

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. WHILE LIFTING

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

3. DON'T

- ✘ Jerk overstretch
- ✘ Twist
- ✘ Lift loads which are too heavy

4. ASK FOR HELP

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



Safety Signs On Manual Handling

RS Peters

A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

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