



TIPS FOR HANDLING



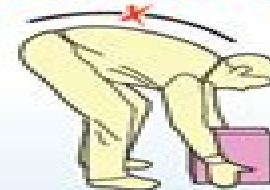
ASSESS your object and your task BEFORE you lift

Have a plan of attack. Plan your route before you lift. Clear any obstacles from your path, and be sure you know what is in your way if you cannot see your path well.



LIFT with your LEGS

Bend at the knees and hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Semi Squat Technique (Frog lift).



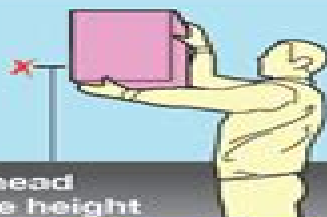
Avoid STOOPING

Keep your back neutral. You are less likely to injure your back if you keep your back neutral during lifting.



HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height and/or far from your body.

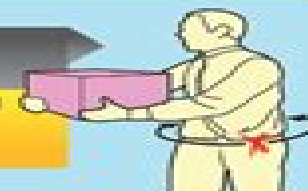


AVOID lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid storing objects above head height or below knee height when possible.

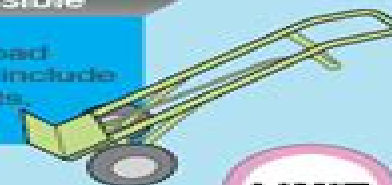
Don't BEND or TWIST while you are lifting or carrying

Any improper bending or twisting could throw you off balance or injure your back.



Use lifting aids when possible

Use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include wheelbarrows, conveyor belts, trolleys, cranes or forklifts.



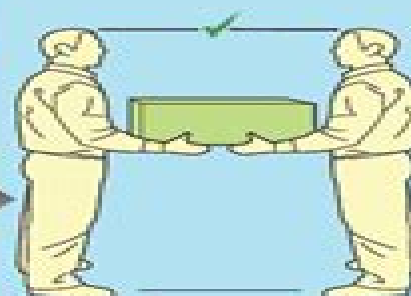
REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, for example, repack a heavy load into smaller parcels.



Two person lifts

When lifting with two or more people ALWAYS ensure people of same size and strength for manual handling tasks.



KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is awkwardly large or unstable, it can be difficult to lift and could cause you pain. It is better to wait and ask for assistance than to try to lift something that could potentially injure your back.

LIMIT

Safe Manual Handling Handout

Michael Hoelscher



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Table of Contents Safe Manual Handling Handout

1. Understanding the eBook Safe Manual Handling Handout
 - The Rise of Digital Reading Safe Manual Handling Handout
 - Advantages of eBooks Over Traditional Books
2. Identifying Safe Manual Handling Handout
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Safe Manual Handling Handout
 - User-Friendly Interface
4. Exploring eBook Recommendations from Safe Manual Handling Handout
 - Personalized Recommendations
 - Safe Manual Handling Handout User Reviews and Ratings
 - Safe Manual Handling Handout and Bestseller Lists
5. Accessing Safe Manual Handling Handout Free and Paid eBooks
 - Safe Manual Handling Handout Public Domain eBooks
 - Safe Manual Handling Handout eBook Subscription Services
 - Safe Manual Handling Handout Budget-Friendly Options

6. Navigating Safe Manual Handling Handout eBook Formats
 - ePub, PDF, MOBI, and More
 - Safe Manual Handling Handout Compatibility with Devices
 - Safe Manual Handling Handout Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Safe Manual Handling Handout
 - Highlighting and Note-Taking Safe Manual Handling Handout
 - Interactive Elements Safe Manual Handling Handout
8. Staying Engaged with Safe Manual Handling Handout
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Safe Manual Handling Handout
9. Balancing eBooks and Physical Books Safe Manual Handling Handout
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Safe Manual Handling Handout
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Safe Manual Handling Handout
 - Setting Reading Goals Safe Manual Handling Handout
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Safe Manual Handling Handout
 - Fact-Checking eBook Content of Safe Manual Handling Handout
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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