

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 Poster In Manual

M Mosston



Safety Poster In Manual:

Illustrator Draftsman, Volume 3-Executionable Practices, Training Manual (TRAMAN), June 1998 ,1999 National Guard Bureau Manual United States. National Guard Bureau,1947 Engineering Aid 1 & C United States. Bureau of Naval Personnel,1964 **Safety Review** ,1966 **Safetyline** ,1995 *Motor Vehicle Safety* ,1994 **Pamphlets SE.** Russell Sage Foundation. Department of Surveys and Exhibits,1915 *Publicity Methods Reading List* Evart Grant Routzahn,Mary Swain Routzahn,Routzahn (Mrs. Mary Brayton (Swain)),1924 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1957 Includes Part 1 Number 1 2 Books and Pamphlets Including Serials and Contributions to Periodicals January December National Safety News ,1928 Vol 73 include the section ASSE journal 1956 **Accident Prevention Manual for Industrial Operations** National Safety Council,1959 **Federal Register** ,1959 Protect Yourself from Pesticides ,1993 **Pesticide Applicator Training Materials** ,1991 *Bibliographies and Literature of Agriculture* ,1978 **The Health and Safety Trainer's Guidebook** Simon Watson Pain,2022-11-29 The book is designed to help trainers design and deliver health and safety training in a fun and high impact way such that trainees engage with the subject and remember how to apply it in the work environment It will be useful for managers trainers professionals and graduate students in the fields of ergonomics human factors and occupational health and safety The text comprehensively explains the effect of the brain on learning and then develops the training processes from training needs analysis all the way through effective training techniques and ending with competence assurance The unique approach of the book is that Part II provides a range of 30 tried and tested original resource ideas to make health and safety training effective and memorable It will be a valuable text for professionals and graduate students in the fields of ergonomics human factors and occupation health and safety Provides practical and tested solutions to common training problems Covers a resource section showing how to develop interesting and relevant training exercises Focuses on special needs of health and safety training Guides the reader through identifying the training need delivering the training and finally assuring competence Designed to help trainers design and deliver health and safety training in a fun and high impact way **Front Office Management for the Veterinary Team E-Book** Heather Prendergast,2018-12-20 NEW Strategic Planning chapter discusses how to strategically plan for the successful future of the veterinary hospital and will include details on growing the practice planning the workforce meeting consumer needs and increasing the value of the practice NEW The Leadership Team chapter discusses how leadership affects the paraprofessional staff provides suggestions for effective leadership strategies and methods to set expectations for employees including attracting and retaining employees leveraging empowering and driving employee engagement NEW Standard Operating Procedures provides a checklist of important tasks associated with that chapter that must be addressed completed in the veterinary practice setting **Aviation Ordnanceman 1 & C.** United States. Naval Training Command,1972 Aviation Structural Mechanic H 1 & C Naval Education and Training Program Development

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