

SAFE LIFTING & HANDLING



RULES for safer LIFTING

Carry out a **MANUAL HANDLING** risk assessment

Make sure employees have **MANUAL HANDLING** training

Use **MECHANICAL AIDS** whenever possible

PLAN your route **BEFORE** you start

HUG the load close to your body

BEND YOUR KNEES and **NOT YOUR BACK**

AVOID TWISTING

Keep your **HEAD UP** and **YOUR LINE OF SIGHT CLEAR**

PUSH a load rather than **PULL IT**

KNOW YOUR LIMITS and ask for **HELP** if needed



Manual Lifting Safety Program

David Baud



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