

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 or stretch
- ✘ 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.



General Rules For Manual Handling

Xiang Xie



General Rules For Manual Handling:

The Enigmatic Realm of **General Rules For Manual Handling**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **General Rules For Manual Handling** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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