

Manual Handling Safety Techniques



Feet ✓
Posture ✓
Grip ✓
Lift ✓

Plan Ahead

- Ensure you know where you are going
- Be aware of what you are lifting
- Consider your options
- Use any aids available that will help
- Ask for help if you need it
- Remove any obstructions in advance

1. Feet



- Wear suitable footwear
- Place your feet apart to give you more stability
- Place one foot slightly ahead of the other in the direction of travel

2. Posture



- Keep the spine in its normal alignment
- Bend from the knees, but make sure not to over-flex them
- Keep the shoulders and knees in normal alignment
- Keep the shoulders level

3. Grip



- Ensure you have a secure grip
- Check for suitable handholds and use them
- Consider if the load is likely to slip at all
- Keep your arms within the boundary of the body
- Use manual handling gloves to improve grip

4. Lift



- Make the movement as smooth and consistent as possible
- Use your legs for power
- Keep the load close to the body
- Keep the heaviest parts of the load closest to you
- Use your feet to turn, rather than twisting your body

Manual Handling Instructions

**Association of American Railroads.
Signal Section**



Manual Handling Instructions:

Ultimate Guide to Manual Handling Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

Guide to Manual Materials Handling A. Mital, 2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person's capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives

Manual Handling in Health and Social Care Michael Mandelstam, 2002-02-15 This book presents an accessible overview of manual handling legislation legal case law national guidance policy and practice A stand alone overview of manual handling law and practice is followed by more in depth material in A Z format and fully cross referenced which allows the reader to look up issues for quick access to more information

District Nursing Manual of Clinical Procedures Liz O'Brien, 2012-03-09 This manual the first of its kind focused on district nursing provides the means to build competence and confidence in nurses new to the community or developing their skills The comprehensive and evidence based content provides essential information for competence in key areas of district nursing From the Foreword by Rosemary Cook CBE Hon D Lett MSc PG Dip RGN Director The Queen's Nursing Institute Clinical skills are a fundamental aspect of district nursing care The District Nursing Manual of Clinical Procedures is a practical evidence based manual of clinical skills which reflects the unique challenges of district nursing care within the patient's home It provides a comprehensive resource for all district nurses community nurses students and healthcare professionals involved in the district nursing team enabling them to practice competently and confidently and deliver clinically effective person centred care The District Nursing Manual of Clinical Procedures addresses the complexity of district nursing care and encompasses key aspects of clinical practice including decision making in areas that district and community nurses often struggle with or find difficult when they are on their own in a patient's home It utilises the latest clinical research and expert clinical knowledge to address these challenges and to provide the underlying theory and evidence for district nursing care Key features Evidence based manual of practical clinical skills in district

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Manual Handling New Zealand. Occupational Safety & Health Service,1991 **Manual of Instructions** California. Highway Commission. Bridge Department,1925 **Manual** American Railway Engineering Association,1929 *Manual of Accounting Procedure* Memphis (Tenn.),1918 *Protective National Insurance Company of Omaha v. City of Woodhaven*, 438 MICH 154 (1991); *Polkow v. Citizens Insurance Company of America*, 438 MICH 174 (1991); *The Upjohn Company v. New Hampshire Insurance Company*, 438 MICH 197 (1991) ,1991 86906 86908 85180 87617 *Manual of Instructions for Trade Catalog Compilation* Oscar Aurelius Morgner,1917 Executive's Manual for Personnel Handling Prentice-Hall, Inc,1966

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web the answer is rather simple if you understand electron configurations the shape of the periodic table mimics the filling of the subshells with electrons let us start with h and he their electron configurations are 1s1 and 1s2 respectively with he the n 1 shell is filled

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web jun 14 2015 this list of electron configurations of elements contains all the elements in increasing order of atomic number to save room the configurations are in noble gas shorthand this means part of the electron configuration has been

replaced with the element symbol of the noble gas symbol

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web elements in the second row of the periodic table place their electrons in the $2n$ shell as well as the $1n$ shell for instance lithium li has three electrons two fill the $1s$ orbital and the third is placed in the $2s$ orbital giving an electron configuration of $1s^2 2s^1$

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web one more point needs to be emphasized about the relationship between electron configuration and the periodic table the atoms of elements in the same vertical column of the table have similar electron configurations for example consider the alkaline earth elements group iia

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web the electron removed during the ionization of beryllium $he 2s^2$ is an s electron whereas the electron removed during the ionization of boron $he 2s^2 2p^1$ is a p electron this results in a lower first ionization energy for boron even though its nuclear charge is greater by one proton

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web predictions from reliable sources have been used for these elements grayed out electron numbers indicate subshells filled to their maximum bracketed noble gas symbols on the left represent inner configurations that are the same in each period written out these are $he 2$ helium $1s^2$ $ne 10$ neon $1s^2 2s^2 2p^6$

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web q1 what is the electron configuration of the element potassium answer the atomic number of potassium is 19 a neutral potassium element has 19 electrons its electron configuration is $1s^2 2s^2 2p^6 3s^2 3p^6 4s^1$ or simply put $4s^1$ q2 what is the total number of electrons that can be filled in s p and d subshells

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web by building up from hydrogen this table can be used to determine the electron configuration for any atom on the periodic table we will now construct the ground state electron configuration and orbital diagram for a selection of atoms in the first and second periods of the periodic table

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