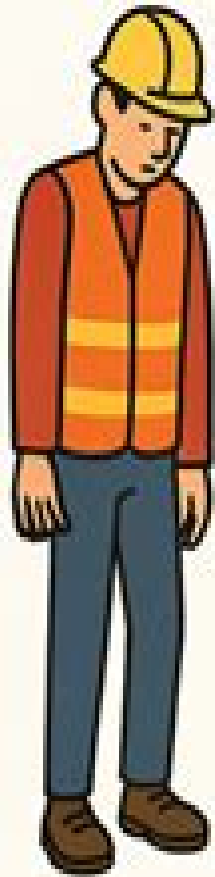


# Unsafe Manual Handling Techniques



1

Keeping feet  
close together



2

Lifting with a  
bent back



3

Twisting at the  
waist



4

Holding a load  
with outstretched  
arms



5

Holding a load  
with arms above  
shoulders

# Manual Handling Techniques Patients

**Edward Alan Glasper, Gillian  
McEwing, John E. Richardson**



## **Manual Handling Techniques Patients:**

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