



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



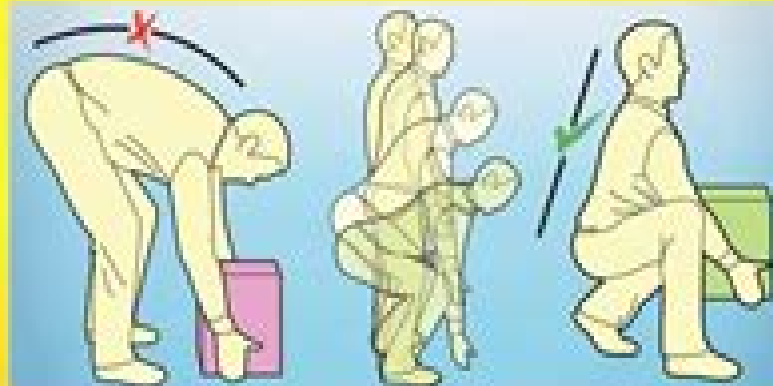
ASSESS your task FIRST

WET your feet on your shoes, plan the route. Clear any obstacles from your path and know where obstacles will be in an unclear path.



Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.



TIGHTEN your abs

Using your core abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

LIFT with your LEGS

Bend at the knees & hips not your back. Your leg muscles are stronger than your back and can withstand greater force. This is known as the Sore Shout Technique (Frog Lift).

Keep your back STRAIGHT

When you keep your back straight (neutral) your legs carry the majority of the weight making you less likely to injure your back.



HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and closer to your body than at any other height, similar for most people.

Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid carrying objects at these heights when possible.

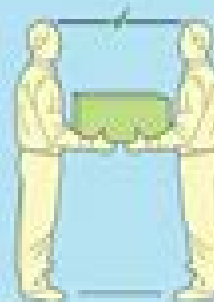


Don't BEND or TWIST while you are lifting or carrying

Improper bending or twisting could throw you off balance or cause injury.

Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: strapping, conveyor belts, trolleys, cranes or forklifts.



Two person lifts

When lifting with two or more people, ALL must ensure degree of same skill and strength for manual handling tasks.

LIMIT

KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is extremely large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.



REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, e.g. stretch a heavy load into smaller sections.



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Manual Handling At Work Act

L Darling-Hammond



Manual Handling At Work Act:

Manual Handling in Health and Social Care Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety **Pocket Manual for the Use of Members of the General Assembly of North Carolina** ,1918 **Mechanical Handling and Works Equipment** ,1919 **The Ergonomics of Manual Work** William Steven Marras, 1993 West Virginia Legislative Hand Book and Manual and Official Register ,1917 **Workplace** ,1996 North Carolina Manual ,1918 Bullen & Leake & Jacob's Precedents of Pleadings Lord Brennan, William Blair, 2004 Legislative Manual and Political Register of the State of North Carolina North Carolina. Secretary of State, 1918 The Workmen's Compensation Law Journal William Otis Badger, 1919 Australian Annual Digest ,1914 The Foundryman ,2001 **Veterinary Nursing** D. R. Lane, B. Cooper, 1999 A comprehensive guide to the care and nursing of small animals for all veterinary nurses in training and practice **Halsbury's Laws of England** ,1973 **Bullen & Leake & Jacob's Precedents of Pleadings** Edward Bullen, Stephen Martin Leake, 2001 The Civil Procedure Rules place great emphasis on the written presentation of trial materials and increase the propensity for cases to be decided on the papers Yet the Civil Procedure Rules themselves offer little guidance on the drafting of statements of case This edition seeks to fill the gap offering a stock of authoritative structured precedents complete with guiding commentary Restructured and rewritten to ensure it fully reflects the changes in practice it should prove an easily accessible user friendly resource The two volume work features subjects such as human rights harassment information technology environment entertainment and sports law The Digest ,2004 **The Webbs, Fabianism and Feminism** Chris Nyland, 1998 Cover Half Title Title Copyright Contents Acknowledgements 1 Fabianism and Feminism The Political Economy of Everyday Life 2 Fabianism 3 The Webbs and the Rights of Women 4 Beatrice Webb and the New Statesman Papers 5 Beatrice Webb and the Fabian Women s Group 6 Beatrice Webb and the National Standard for Manual Handling 7 Fabianism and Marxism Sociology and Political Economy Bibliography **Labour Research** ,2003 The Australasian Annual Digest ,1914 **Bargaining Report** ,1998

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