



# MANUAL HANDLING



**LIFT WITH YOUR LEGS**  
**KEEP YOUR BACK STRAIGHT**  
**KNOW YOUR LIMITS**



## ASSESS your task FIRST

Before you lift your load, 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 (Fing 10).

## Keep your back STRAIGHT

When you keep your back straight, gravity's pull keeps the majority of the weight resting on your legs, making you less likely to injure your back.

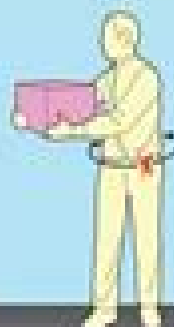


## HOLD the object at waist level and close to the body

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, so it's safer for your body.

## 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.

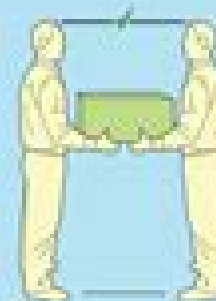


## Don't BEND or TWIST while you are lifting or carrying

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, ALWAYS ensure people of same size and strength for manual handling tasks.



## 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. throw a heavy box into smaller packets.



## 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.

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# Manual Handling At Work Act

**AW Rasmussen**



## **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

The book delves into Manual Handling At Work Act. Manual Handling At Work Act is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual Handling At Work Act, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Manual Handling At Work Act
- Chapter 2: Essential Elements of Manual Handling At Work Act
- Chapter 3: Manual Handling At Work Act in Everyday Life
- Chapter 4: Manual Handling At Work Act in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Manual Handling At Work Act. The first chapter will explore what Manual Handling At Work Act is, why Manual Handling At Work Act is vital, and how to effectively learn about Manual Handling At Work Act.
3. In chapter 2, this book will delve into the foundational concepts of Manual Handling At Work Act. This chapter will elucidate the essential principles that need to be understood to grasp Manual Handling At Work Act in its entirety.
4. In chapter 3, this book will examine the practical applications of Manual Handling At Work Act in daily life. The third chapter will showcase real-world examples of how Manual Handling At Work Act can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Manual Handling At Work Act in specific contexts. The fourth chapter will explore how Manual Handling At Work Act is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Manual Handling At Work Act. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Handling At Work Act.

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