Manual Handling



- Can I handle the load?
 - Can a lifting aid be used?
 - Do I need help?
 - What are the hazards?



Posture...

- Keep your feet apart.
- Slightly bend your back, hips and knees.
- Keep shoulders level and facing forwards.
- Keep the load close to your body.



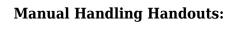
The lift....

- Raise the load whilst straightening your legs.
- Keep the load close to your waist.
 - Keep your head up.
 - Move smoothly.



Manual Handling Handouts

National Electrical Contractors Association



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