

SAFE LIFTING & HANDLING



RULES for safer LIFTING

Carry out a **MANUAL HANDLING** risk assessment

Make sure employees have **MANUAL HANDLING** training

Use **MECHANICAL AIDS** whenever possible

PLAN your route **BEFORE** you start

HUG the load close to your body

BEND YOUR KNEES and **NOT YOUR BACK**

AVOID TWISTING

Keep your **HEAD UP** and **YOUR LINE OF SIGHT CLEAR**

PUSH a load rather than **PULL IT**

KNOW YOUR LIMITS and ask for **HELP** if needed



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Manual Lifting Safety Guide

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Manual Lifting Safety Guide:

Reviewing **Manual Lifting Safety Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Manual Lifting Safety Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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