

- **Assess** the risk of injury from any hazardous manual handling that can't be avoided.
- **Please assess the following before manual handling Starts:**
 - a. Size, shape and weight of the objects;
 - b. Check for nails splinters, and sharp edges;
 - c. Check for grease, oil, moisture;
 - d. Slopes ramps uneven surfaces;
 - e. Hot and cold objects;
 - f. Long carrying distance;
 - g. Bumpy, obstructed or slippery floors;
 - h. Personal protective equipments;
 - i. Your health conditions.

Safe manual handling practices:

- ❖ Make sure the route is clear of obstructions;
- ❖ Avoid twisting and awkward body positions;
- ❖ Carry the load without sudden starts or stops. Move slowly, and watch your step;



Manual Handling And Answers

Huangqi Zhang



Manual Handling And Answers:

Manual Handling And Answers Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Manual Handling And Answers**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

https://www.splashdogs.com/public/publication/Documents/Grade12_Question_Papers_Vhembe_District_2014.pdf

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