

# 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



# Manual Lifting Safety Program

**Emilie Sanchez**



**Manual Lifting Safety Program:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Manual Lifting Safety Program** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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