

# Manual handling

## FACT

Manual handling was the most frequent cause of over-seven-day injury in 2014/15 and approximately 909,000 working days are lost each year due to handling injuries.\*

\*HSE, Handling Injuries in Great Britain Report, 2014

## 1 STOP AND THINK

- Where is the load going?
- Are there any obstacles?
- Are there any aids to help me?
- Consider the size, shape and weight of the load



## 2 THE LIFT

- ✓ Keep distances to a minimum
- ✓ Prepare the area (remove trip hazards)
- ✓ Test the load
- ✓ Feet apart
- ✓ Leading leg slightly forward
- ✓ Hips and knees relaxed
- ✓ Firm hold from below
- ✓ Lead with your head as you lift
- ✓ Keep movement smooth
- ✓ Keep load close to your body
- ✓ Reverse the procedure when lowering the load

## 3 DON'T

- ✗ Jerk
- ✗ Twist
- ✗ Overstretch
- ✗ Lift loads which are too heavy



## 4 ASK FOR HELP IF REQUIRED

If the load is too heavy or you have a problem, ask for help

# Manual Handling Procedure Example

**SA Dillow**



**Manual Handling Procedure Example:**

## The Enigmatic Realm of **Manual Handling Procedure Example**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Manual Handling Procedure Example** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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