

Manual Handling Safety Techniques



Feet ✓
Posture ✓
Grip ✓
Lift ✓

Plan Ahead

- Ensure you know where you are going
- Be aware of what you are lifting
- Consider your options
- Use any aids available that will help
- Ask for help if you need it
- Remove any obstructions in advance

1. Feet



- Wear suitable footwear
- Place your feet apart to give you more stability
- Place one foot slightly ahead of the other in the direction of travel

2. Posture



- Keep the spine in its normal alignment
- Bend from the knees, but make sure not to over-flex them
- Keep the shoulders and knees in normal alignment
- Keep the shoulders level

3. Grip



- Ensure you have a secure grip
- Check for suitable handholds and use them
- Consider if the load is likely to slip at all
- Keep your arms within the boundary of the body
- Use manual handling gloves to improve grip

4. Lift



- Make the movement as smooth and consistent as possible
- Use your legs for power
- Keep the load close to the body
- Keep the heaviest parts of the load closest to you
- Use your feet to turn, rather than twisting your body

General Manual Handling

**James W. Altman, Angeline C.
Marchese, American Institutes for
Research, Barbara W. Marchiando**

General Manual Handling:

Ultimate Guide to Manual Handling Lee Marsh,2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

Manual Handling Training Western Australia. Health Department. Occupational Safety and Health Unit,1999

Guide to Manual Materials Handling A. Mital,2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives

Air Force Manual United States. Department of the Air Force,

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and depend on identifying an appropriate experimental procedure selecting the proper apparatus employing the proper techniques systematically analyzing and interpreting the data and minimizing inherent variables As a result of good data a scientific and analytical conclusion is made which may or may not be right but is certainly consistent with the data

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Euroabstracts, 1994 Getting to grips with manual handling Health and Safety Executive, 2011 This booklet explains the problems associated with manual handling and sets out best practice approaches to dealing with it The advice is intended for managers of small firms or organisations But many of the general principles are relevant to all organisations whatever their size Contents include what's the problem What should I do about it What are my duties Avoiding manual handling Assessing and reducing the risk of injury what about training good handling technique how do I know if there's a risk of injury general risk assessment guidelines

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