

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

**New York state industrial safety
congress**

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,

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

Your Health and Safety Guide to Manual Handling ,2007

Jack's Manual on the Vintage and Production, Care and Handling of Wines, Liquors, Etc Jacob Abraham Grohusko,1933

Laboratory Manual for Principles of General Chemistry J. A. Beran,Mark Lassiter,2022-09-22 Laboratory Manual for Principles of General Chemistry 11th Edition covers two semesters of a general chemistry laboratory program The material focuses on the lab experiences that reinforce the concepts that not all experimental conclusions are the same

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

Experiments write textbooks textbooks don't write experiments A student's scientific literacy grows when experiences and observations associated with the scientific method are encountered Further experimentation provides additional cause effect observations leading to an even better understanding of the experiment The 11th edition's experiments are informative and challenging while offering a solid foundation for technique safety and experimental procedure The reporting and analysis of the data and the pre and post lab questions focus on the intuitiveness of the experiment The experiments may accompany any general chemistry textbook and are compiled at the beginning of each curricular unit An Additional Notes column is included in each experiment's Report Sheet to provide a space for recording observations and data during the experiment Continued emphasis on handling data is supported by the Data Analysis section

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

American Machinist, 1929 **Railway Age**, 1949 A Manual on the Care and Handling of Electric Plants Norman Hugh Schneider, 1903 **Bradshaw's Railway Manual, Shareholders' Guide, and Official Directory for ...**, 1897

Landwards, 2000 **Guide to Design of Mechanical Equipment for Maintainability** James W. Altman, Angeline C. Marchese, American Institutes for Research, Barbara W. Marchiando, 1961 A guide containing human engineering recommendations and suggestions for designing mechanical equipment to increase overall ease speed and accuracy of maintenance job performance is presented It is written for engineers responsible for designing mechanical subsystems and components and is intended to serve as a convenient reference to help insure the integration of maintainability design into mechanical subsystems and components It treats both design features common to all mechanical equipment as well as features unique to certain classes of equipment

Canadian Machinery and Manufacturing News, 1930

Proceedings of The...congress New York state industrial safety congress, 1927 *National Safety News*, 1922

Manual Handling New Zealand. Occupational Safety & Health Service, 1991

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