

# MANUAL HANDLING

## 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. WHILE LIFTING

- ✔ 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 or stretch
- ✘ Twist
- ✘ Lift loads which are too heavy

## 4. ASK FOR HELP

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



# General Rules For Manual Handling

**Sebastian Brünink**



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## **Table of Contents General Rules For Manual Handling**

1. Understanding the eBook General Rules For Manual Handling
  - The Rise of Digital Reading General Rules For Manual Handling
  - Advantages of eBooks Over Traditional Books
2. Identifying General Rules For Manual Handling
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an General Rules For Manual Handling
  - User-Friendly Interface
4. Exploring eBook Recommendations from General Rules For Manual Handling
  - Personalized Recommendations
  - General Rules For Manual Handling User Reviews and Ratings
  - General Rules For Manual Handling and Bestseller Lists
5. Accessing General Rules For Manual Handling Free and Paid eBooks
  - General Rules For Manual Handling Public Domain eBooks
  - General Rules For Manual Handling eBook Subscription Services
  - General Rules For Manual Handling Budget-Friendly Options

6. Navigating General Rules For Manual Handling eBook Formats
  - ePub, PDF, MOBI, and More
  - General Rules For Manual Handling Compatibility with Devices
  - General Rules For Manual Handling Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of General Rules For Manual Handling
  - Highlighting and Note-Taking General Rules For Manual Handling
  - Interactive Elements General Rules For Manual Handling
8. Staying Engaged with General Rules For Manual Handling
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers General Rules For Manual Handling
9. Balancing eBooks and Physical Books General Rules For Manual Handling
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection General Rules For Manual Handling
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine General Rules For Manual Handling
  - Setting Reading Goals General Rules For Manual Handling
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of General Rules For Manual Handling
  - Fact-Checking eBook Content of General Rules For Manual Handling
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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