



Health and Safety- Manual Handling

Sentence Match- Pair the Sentence fragments, either draw a line or cut out and stick together.

Most manual handling injuries can be prevented by ...

Muscle sprains and strains are ...

For manual handling tasks, it is the employer's responsibility to provide you with ...

If you feel your job is too heavy, too difficult, too tiring or puts you at risk of injury, you should ...

Mechanical assistance for manual handling tasks includes things like ...

Slippery and uneven floors in the workplace are ...

Warming up before working, taking rest breaks, and allowing time to get used to a new task are all ...

Putting boxes on shelves, painting, gardening, cleaning, writing and typing are all ...

Team lifts (where the load is shared) are a good way of ...

Manual handling refers to any activity requiring the use of force by a person to ...

... talk to your supervisor.

... examples of manual handling tasks.

.. hazardous, and can result in serious accidents.

... lift, lower, push, pull, hold or restrain something.

... ways of preventing muscle strain and fatigue.

... designing the task to minimise risk.

... reducing manual handling risk.

... trolleys, adjustable height workbenches and seating.

... safe work procedures, instruction, training and supervision.

... typical manual handling injuries.