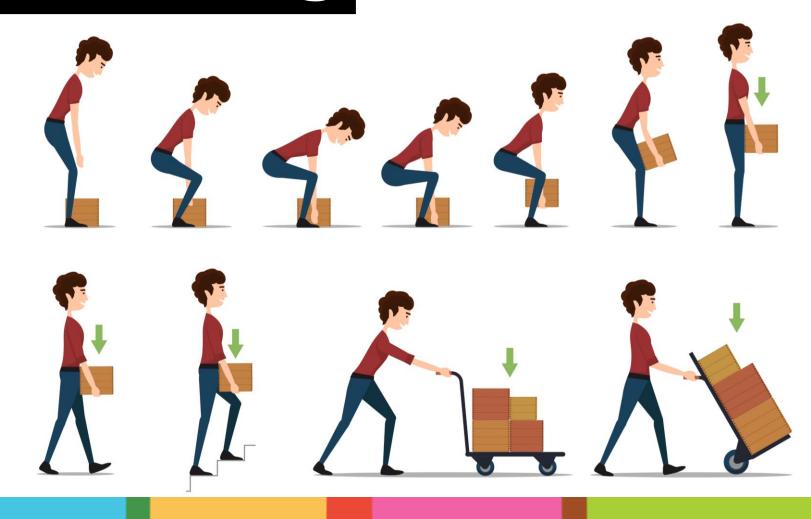
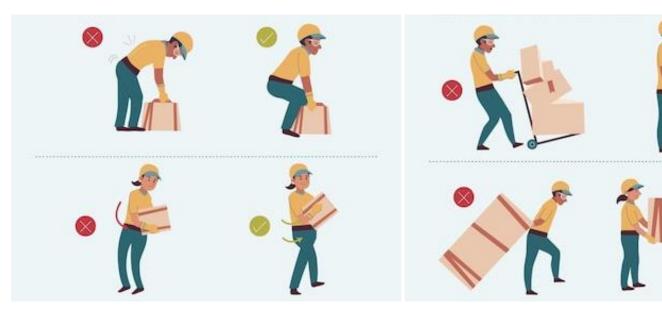


Manual handling



PASSPORT TO HEALTH AND SOCIAL CARE

Manual handling





- Can I handle the load?
 - Can a lifting aid be used?
 - Do I need help?
 - What are the hazards?



- Keep your feet apart.
- Slightly bend your back, hips and knees.
- Keep shoulders level and facing forwards.
- Keep the load close to your body.



- Raise the load whilst straightening your legs.
- Keep the load close to your waist.
 - Keep your head up.
 - Move smoothly.















