



Manual handling





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Planning...



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



Posture...

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



✗ Don't over stretch your back.



The lift...



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



✗ Do not twist or turn.

