



# MANUAL HANDLING



LIFT WITH YOUR LEGS  
KEEP YOUR BACK STRAIGHT  
KNOW YOUR LIMITS



## ASSESS your task FIRST

ASK: Can you fit your shoulders over the load? Clear any obstacles from your path and know where obstacles will be in an unclear path.



## Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.



## TIGHTEN your abs

Using your core abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

## LIFT with your LEGS

Bend at the knees & hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Sore Shout Technique (Frog Lift).

## Keep your back STRAIGHT

When you keep your back straight (flatten your legs) using the majority of the weight making you less likely to injure your back.

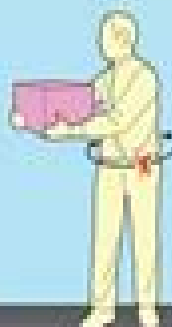


## HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and closer to your body than at any other height (avoid far from your body).

## Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid carrying objects at these heights when possible.



## Don't BEND or TWIST while you are lifting or carrying

Improper bending or twisting could throw you off balance or cause injury.

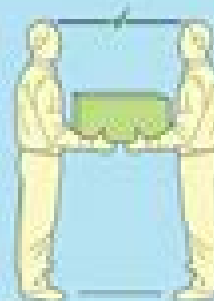


## REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, e.g. stretch a heavy load into smaller sections.

## Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: strapping, conveyor belts, trolleys, cranes or forklifts.



## Two person lifts

When lifting with two or more people ALWAYS ensure people of same size and strength for manual handling tasks.

## LIMIT

## KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is extremely large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.

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# Occupational Health And Safety Manual Handling

**A Gutmann**



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there are three main approaches used to persuade others 1 ethos 2 pathos 3 logos the ethos approach appeals to the audience's ethics and morals such as what is the right see more

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when you give a persuasive speech on a question of value you need to justify your value judgement in light of clearly defined standards specific purpose statement regarding value to persuade my audience that animal testing is actually beneficial to humanity and the

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a proposition of value is one that asserts a speaker's sense of values or a writer's sense of right and wrong it discusses good and bad just and unjust the beautiful and the ugly value claims make judgments and readers need to evaluate the evidence and assumptions supporting

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key points questions of fact contrast with questions of policy which state that something should be and questions of value which state that something is good bad beautiful or worthwhile three basic types of questions of fact are historical controversy questions of

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as with any speech preparation is crucial before you put pen to paper think about what you want to achieve with your speech this will help organise your thoughts as you realistically can only cover 2 4 main points see more

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