



TIPS FOR HANDLING



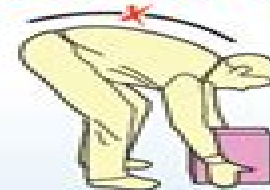
ASSESS your object and your task BEFORE you lift

Have a plan of attack. Plan your route before you lift. Clear any obstacles from your path, and be sure you know what is in your way if you cannot see your path well.



LIFT with your LEGS

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



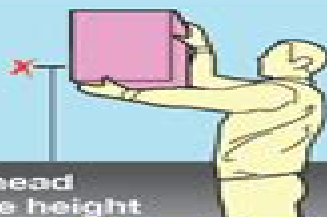
Avoid STOOPING

Keep your back neutral. You are less likely to injure your back if you keep your back neutral during lifting.



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 close to your body than at any other height and/or far from your body.

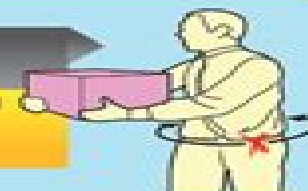


AVOID lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid storing objects above head height or below knee height when possible.

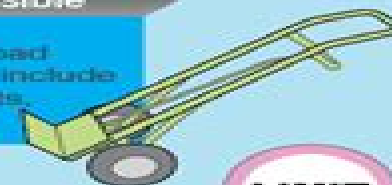
Don't BEND or TWIST while you are lifting or carrying

Any improper bending or twisting could throw you off balance or injure your back.



Use lifting aids when possible

Use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include wheelbarrows, conveyor belts, trolleys, cranes or forklifts.



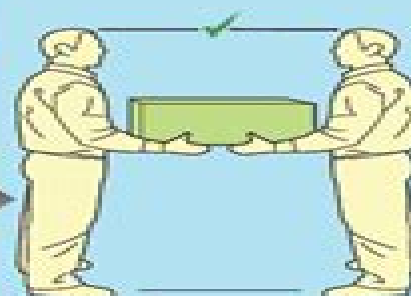
REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, for example, repack a heavy load into smaller parcels.



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 awkwardly large or unstable, it can be difficult to lift and could cause you pain. It is better to wait and ask for assistance than to try to lift something that could potentially injure your back.

Safe Manual Handling Handout

Simon Watson Pain



Safe Manual Handling Handout:

The Health and Safety Trainer's Guidebook Simon Watson Pain, 2022-11-29 The book is designed to help trainers design and deliver health and safety training in a fun and high impact way such that trainees engage with the subject and remember how to apply it in the work environment It will be useful for managers trainers professionals and graduate students in the fields of ergonomics human factors and occupational health and safety The text comprehensively explains the effect of the brain on learning and then develops the training processes from training needs analysis all the way through effective training techniques and ending with competence assurance The unique approach of the book is that Part II provides a range of 30 tried and tested original resource ideas to make health and safety training effective and memorable It will be a valuable text for professionals and graduate students in the fields of ergonomics human factors and occupation health and safety Provides practical and tested solutions to common training problems Covers a resource section showing how to develop interesting and relevant training exercises Focuses on special needs of health and safety training Guides the reader through identifying the training need delivering the training and finally assuring competence Designed to help trainers design and deliver health and safety training in a fun and high impact way *Safety at Work* John Ridley, John Channing, 2004-02-18 *Safety at Work* is widely accepted as the authoritative guide to safety and health in the workplace and covers all aspects of safety management The sixth edition has been revised to cover recent changes to UK practice and standards in health safety employment and environmental legislation It also incorporates EU directives and references to harmonised and international standards Reflecting the importance of the roles of directors and managers in health and safety new chapters cover the management of risk emphasising the need for a sound organisational structure to achieve effective risk management Developments in the behavioural approach to risk management and current thinking on the development of an international standard on safety management are also covered Quality of the environment is rapidly becoming part of the safety manager s responsibilities both in the workplace and in the context of global pollution A completely new part consisting of five chapters has been added dealing solely with environmental issues including ISO 14001 The increasingly important role of ergonomics in health and safety is reflected in a new chapter on Applied Ergonomics dealing with the subject pragmatically that will allow the manager and practitioner to design process and operations that are within the limits of the human body The effects of stress an emerging concern in health and safety are covered in various chapters

Managing Health and Safety at Work Institute of Leadership & Management, 2013-06-17 Super series are a set of workbooks to accompany the flexible learning programme specifically designed and developed by the Institute of Leadership Management ILM to support their Level 3 Certificate in First Line Management The learning content is also closely aligned to the Level 3 S NVQ in Management The series consists of 35 workbooks Each book will map on to a course unit 35 books units *Principles of Construction Safety* Allan St John Holt, 2008-06-09 The construction industry has not had a good

record on health and safety and faces tough legal and financial penalties for breaches of the law This book provides a unique resource for all those who construct or procure the construction of projects of all sizes and in all countries and for clients who need to keep abreast of their own and their contractors responsibilities It gives practical guidance on best practice including measuring performance and recording information developing a safety policy and method statements assessing risk training and understanding people the basics of the construction environment interface The book addresses several topics not found in other reference works discussing techniques of health and safety and basic environmental management as applied to the industry It uniquely provides 50 quick reference guides setting out solutions to common problems These include falls manual and mechanical handling work with asbestos and noise It also summarises the main UK legal requirements on construction safety and health and includes a number of useful checklists and model forms Written by a very experienced health and safety practitioner who is also author of the highly successful IOSH book Principles of Health and Safety at Work this book will be welcomed by all responsible for health and safety It will also provide an excellent text for the NEBOSH National Examination Board in Occupational Safety and Health Construction Safety and Health national certificate

My Revision Notes: City & Guilds Level 2 Technical Certificate in Plumbing (8202-25) Stephen Lane, 2021-08-31 Unlock your full potential with this revision guide that will guide you through the content and skills you need to succeed in the City Guilds Level 2 Technical Certificate in Plumbing 8202 Plan your own revision and focus on the areas you need to revise with key content summaries and revision activities for every topic Understand key terms you will need for the exam with user friendly definitions and a glossary Breakdown and apply scientific and mathematic principles with clear worked examples Use the exam tips to clarify key points and avoid making typical mistakes Test yourself with end of topic questions and answers and tick off each topic as you complete it Get ready for the exam with tips on approaching the paper and sample exam questions A great idea and a great addition for the students It is difficult enough to encourage the students to do their own notes for revision but the My Revision Notes book is a very good start to the process and a means to them using the guidance in preparing for their exams Mike Line Programme Manager Plumbing and Gas Leicester College

A Quick Guide to Health and Safety R Gilbert, 2008-05-20 Health and safety issues now impose upon almost every part of business life The system of enforcement is managed and implemented in the UK by The Health and Safety Executive HSE but at times it can be difficult to know exactly which bits of this elaborate spider s web should be applied in a given instance and which are most important This Quick Guide puts the subject into context providing a rational overview and a valid starting point to applying health and safety in the workplace and offers a concise and readily accessible interpretation of what health and safety legislation means in practice Puts health and safety in to context Provides a rational overview and starting point to applying health and safety in the workplace Offers a concise interpretation of health and safety legislation in practice

Safety Review ,1966 **Managing Lawfully - Health, Safety and Environment** Institute of Leadership &

Management, 2007-06-07 With forty well structured and easy to follow topics to choose from each workbook has a wide range of case studies questions and activities to meet both an individual or organization's training needs Whether studying for an ILM qualification or looking to enhance the skills of your employees Super Series provides essential solutions frameworks and techniques to support management and leadership development Electrotechnology Practice Steven Hanssen, Jeffery Hampson, 2023-03-28 Electrotechnology Practice is a practical text that accompanies Hanssen Hampson's theoretical Electrical Trade Principles It covers essential units of competency for the Certificate III in Electrotechnology Electrician UEE30820 Aligned with the latest Australian and New Zealand standards the text references the Wiring Rules AS/NZS 3000:2018 and follows the uniform structure and system of delivery as recommended by the nationally accredited vocational education and training authorities More than 1000 illustrations convey to the learner various concepts and real world aspects of electrical practices a range of fully worked examples including engineering mathematical fundamentals and review questions support student learning while assessment style worksheets support the volume of assessment Electrotechnology Practice has strong coverage of the electives for Certificate II and Certificate III preparing students to eligible sit for the Capstone Assessment or the Licenced Electrician's Assessment LEA as a mandatory requirement to apply for an Electrician's Licence Premium online teaching and learning tools are available on the MindTap platform Tolley's Practical Risk Assessment Handbook Mike Bateman, 2006-08-14 Risk assessment has become the backbone of health and safety management in the UK and elsewhere Employers have a legal duty to prove that risk assessments have been carried out and to ensure that appropriate precautions have been implemented Mike Bateman demystifies the risk assessment process and how it relates to UK legislation He covers both the general techniques and the assessment of specific risks such as hazardous substances COSHH noise manual handling Display Screen Equipment DSE workstations Personal Protective Equipment PPE fire asbestos and work at height The book is practical in its approach to risk assessment rather than being overly legalistic or academic and tells the reader how to go about risk assessment not just what the legislation requires It contains numerous checklists forms and worked examples for a variety of hazards and industries This edition has been fully updated to take into account the impact of the following requirements on risk assessments Work at Height Regulations 2005 full new chapter Control of Noise at Work Regulations 2005 Regulatory Reform Fire Safety Order RRFSO 2006 Mike Bateman runs his own health and safety consultancy and specialises in risk assessments He is a corporate member of IOSH and a registered health and safety practitioner Handbook of Standards and Guidelines in Ergonomics and Human Factors Waldemar Karwowski, 2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standards **Essential Health and Safety Study Skills** Jonathan Backhouse, 2013-08-02 Studying for exams working in

teams writing detailed yet succinct reports and importantly time management aren't second nature to most so this book provides clear guidance and will be an essential tool for anyone taking a health and safety course For many students the learning experience will be a return to studying after some considerable time so this book combines practical advice with helpful exam related information Case studies and activities based on key health and safety topics that are covered by most Awarding Bodies Guidance on how to take both multiple choice and written exams with details on how to answer the action verbs used in exams questions including identify and outline Key principles teach how to Receive the information Remember the information and Recall the information for your exam

Revision Guide for Level 3 Diploma in Dental Nursing Chloe Foxhall, Anna Lown, 2026-01-20 Enhance your learning and excel in exams with this essential guide to the Level 3 Diploma in Dental Nursing *Revision Guide for Level 3 Diploma in Dental Nursing* supports trainee dental nurses enrolled on the Level 3 Diploma in Dental Nursing This guide corresponds to the 11 course units of the diploma and covers essential topics such as preparing for practice infection control treatment planning anatomy and supporting various dental procedures including imaging endodontics and extractions This revision guide includes The latest guidance legislation and governance within the dental sector Knowledge questions diagrams working activities and revision tips Guidance on the end point assessments and the synoptic test Specific chapters related to each unit of the course Elements of the learner evidence portfolio that providers are looking for *Revision Guide for Level 3 Diploma in Dental Nursing* provides supportive information on the units within the qualification and acts as a revision tool to help prepare for formative and summative assessments It is an invaluable resource for both trainee dental nurses and course providers

Safety at Work John R. Ridley, John Channing, 2008 This edition has been extensively revised to encompass changes in health safety employment and environmental legislation Major revisions have been made to the text throughout the book to reflect changes to laws standards and practices

Taylor's Clinical Nursing Skills Pamela Lynn, 2018-10-05 Publisher's Note Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product *Taylor's Clinical Nursing Skills A Nursing Process Approach Fifth Edition* Pamela Lynn EdD MSN RN Confidently meet the challenges of person centered nursing practice From basic nursing processes to advanced clinical capabilities *Taylor's Clinical Nursing Skills A Nursing Process Approach* helps you hone your cognitive technical interpersonal and ethical legal capabilities and master patient interaction clinical reasoning and communication skills essential to safe and effective person centered care Step by step evidence based guidelines walk you through common practices and simplify complex procedures accompanied by key considerations for documentation delegation and other tasks you'll encounter throughout the nursing process from your first day on the job to every stage of your nursing career Step by Step Skills are presented in a concise straightforward and simplified two column format facilitating competent performance of nursing skills Scientific Rationales accompany each nursing action to promote a deeper understanding of the basic principles supporting nursing care Unexpected Situations

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Health and Safety in Brief John Ridley, 2008-05-09 In plain English John Ridley guides the reader through Health and Safety legislation and explains how to comply with it in practical terms The text is clearly laid out distinguishing between bulleted summaries of legislative requirements and the author's advice and commentary By condensing the fundamental contents of the author's acclaimed Safety at Work into a practical and affordable volume Health and Safety in Brief has established itself as a valuable handbook for safety representatives and managers as well as an essential revision aid for students on introductory health safety and general management courses such as NEBOSH National Certificate and Diploma in Occupational Safety and Health IOSH Managing Safely CIEH Advanced Certificate in Health Safety in the Workplace British Safety Council Level 3 Certificate in Occupational Safety and Health NVQs in Occupational Safety and Health Chartered Management Institute's Level 5 Diploma in Management New in this edition Completely revised coverage of fire safety in line with Regulatory Reform Fire Safety Order Construction safety incorporates new Construction Design and Management Regulations 2007 and new Working at Heights Regulations Coverage of changes in employment law including age discrimination and working time More on the effects of the Woolf Report Catalog of Training Products for the Mining Industry National Mine Health and Safety Academy,

Basic Electrical Installation Work 2357 Edition Trevor Linsley, 2011-05-27 This textbook covers all the material you need to pass the first part of the new City Guilds 2357 Diploma in Electrotechnical Technology Aligned with the 17th edition IEE Wiring Regulations this new edition has been thoroughly updated to cover the knowledge section of the latest 2357 course Written in an accessible style and with a separate chapter for each unit this book helps you to master each topic before moving on to the next End of chapter revision questions help you to check your understanding and consolidate the key concepts learned in each chapter With associated online animations and instructional videos to further support your learning this is the text that no electrical installations student should be without Also available Advanced Electrical Installation Work 6th edition Trevor Linsley ISBN 9780080970424 *BTEC Introduction Sport and Leisure* Ray Barker, Bob Harris, Louise Sutton, 2005 A full colour textbook for the Introductory Certificate and Diploma in Sport and Leisure It covers all the units of the qualification providing comprehensive coverage for students whatever options they choose It contains differentiated assessment activities enabling students to work at their own

level Health and Safety Guide for Wooden Furniture Manufacturing National Institute for Occupational Safety and Health, National Institute for Occupational Safety and Health. Division of Technical Services, 1975

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