

MANUAL HANDLING

1. STOP AND THINK

- Where is the load going?
- Are there any obstacles?
- Are there any aids to help me?
- Consider the size, shape and weight of the load.

2. WHILE LIFTING

- ☑ Keep distances to a minimum
- ☑ Prepare the area (remove trip hazards)
- ☑ Test the load
- ☑ Feet apart
- ☑ Leading leg slightly forward
- ☑ Hips and knees relaxed
- ☑ Firm hold from below
- ☑ Lead with your head as you lift
- ☑ Keep movement smooth
- ☑ Keep load close to your body
- ☑ Reverse the procedure when lowering the load.

3. DON'T

- ☒ Jerk overstretch
- ☒ Twist
- ☒ Lift loads which are too heavy

4. ASK FOR HELP

If the load is too heavy or you have a problem, ask for help.



Safety Signs On Manual Handling

Mike Tooley

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

Safety Signs On Manual Handling:

Supporting Education – The Teaching Assistant's Handbook Karen Kearns, 2012-05-07 Supporting Education The Teaching Assistant's Handbook provides the essential information needed to complete the Certificate III in Education Support in the Community Services Training Package This resource provides Teaching Assistants within overview of child development and how children learn as well as an introduction to the key learning areas for primary school students Links to a wide range of online resources and information are also included along with strategies for working with students and teachers

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Easy Guide to Health and Safety Phil Hughes, Liz Hughes, 2015-01-09 Do you need to get to grips with health and safety principles but don't have time to wade through reams of legislation and guidance Do you need practical step by step guidance on health and safety issues for your small business Then this is the book for you Building on the success of the first edition this fully revised Easy Guide to Health and Safety 2nd edition introduces the health and safety issues which the self employed and managers directors and staff with health and safety responsibilities in small businesses face every day Written in plain English this new edition will take you through the principles of health and safety in a clear jargon free manner Fully revised and packed with practical guidance the Easy Guide to Health and Safety will ensure that you are well equipped to keep yourself and others safe in the workplace Provides small businesses with the necessary information to understand obligations and gain control of health and safety in the workplace Packed with practical guidance and handy checklists and forms Also suitable for students studying towards IOSH Working Safely and NVQ level 1 and 2 courses from City and Guilds and other NVQ awarding bodies

A Manual of Practical Laboratory and Field Techniques in Palaeobiology O.R. Green, 2013-03-09 The user This manual is designed for the use of geoscientists with an interest and need in developing palaeobiological materials as a potential source of data To meet this objective practical procedures have been formatted for use by both professional and semi professional students with an initial understanding of palaeobiological research aims as a primary source of scientific data I have attempted to provide an explanation and understanding of practical procedures which may be required by students undertaking palaeobiological projects as part of a degree course The layout of this manual should be particularly beneficial in the instruction and training of geotechnologists and museum preparators Graduate students and scientists requiring an outline of a preparation procedure will also be able to use the manual as a reference from which to assess the suitability of a procedure This manual

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Engineering Technologies Mike Tooley, 2017-07-06 Engineering Technologies covers the mandatory units for the EAL Level 3 Diploma in Engineering and Technology Each compulsory unit is covered in detail with activities case studies and self test questions where relevant Review questions are provided at the end of each chapter and a sample multiple choice examination is included at the end of the book The book has been written to ensure that it covers what learners need to know Answers to selected questions in the book together with a wealth of supporting resources can be found on the book s companion website Numerical answers are provided in the book itself Written specifically for the EAL Level 3 Diploma in Engineering and Technology this book covers the two mandatory units Engineering and Environmental Health and Safety and Engineering Organizational Efficiency and Improvement Within each unit the learning outcomes are covered in detail and the book includes activities and Test your knowledge sections to check your understanding At the end of each chapter is a checklist to make sure you have achieved each objective before you move on to the next section At www.key2engtech.com you can download answers to selected questions found within the book as well as reference material and resources This book is a must have for all learners studying for their EAL Level 3 Diploma award in Engineering and Technology

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