

# Manual Handling Safety



## Lifting technique

- Assess the load
- What is the best method to move the load?
- Do you need someone to assist?
- Can it be divided into smaller loads?
- Make sure the pathway is clear.

## How to lift

- Keep spine in a neutral position (i.e. S – shaped)
- Keep a wide base of support.
- Ensure you are balanced.
- Bend at your knees & hips.
- Brace your abdominal muscles.
- Keep the object close to you.
- Push with your legs.
- Avoid twisting

## Stretching

It is important to stretch before attempting manual handling tasks

Stretching reduces muscular tension in your body and improves overall flexibility. It also improves circulation and promotes good posture.



**Circle Shoulders backwards**



**Stretch**



**Shrug**



**Relax**

## How to stretch



**Keep heel down & stretch**



**Stand & gently arch backwards**



**Stretch upwards**



**Push knee back & stretch**



**Stretch**

## Stacking

- Avoid overloading shelves
- Do not climb shelves to reach the top
- Ensure heavy items are accessible.
- Ensure shelving is stable