

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.



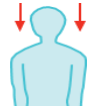
Circle Shoulders backwards



Stretch

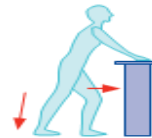


Shrug



Relax

How to stretch



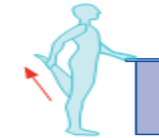
Keep heel down & stretch



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

Recommended weight lifts in range

