

# Manual Handling



## Planning...

- Can I handle the load?
- Can a lifting aid be used?
- Do I need help?
- What are the hazards?



## Posture...

- Keep your feet apart.
- Slightly bend your back, hips and knees.
- Keep shoulders level and facing forwards.
- Keep the load close to your body.



**✗ Don't over stretch your back.**



## The lift...

- Raise the load whilst straightening your legs.
- Keep the load close to your waist.
- Keep your head up.
- Move smoothly.



**✗ Do not twist or turn.**

# Manual Handling Safety Presentations

**Marco Cascella**



## Manual Handling Safety Presentations:

Ultimate Guide to Manual Handling Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way     **BTEC First Public Services (uniformed)** Debra Gray, 2004 Offers various things that students need to excel in BTEC First in Public Services This student book contains real life case studies enabling students to explore a range of issues and relate theory to practice It includes guidance students need to get the best possible grade in their Integrated Vocational Assignment     **National Safety News** ,1922     *Biomedical Science Practice* Nessar Ahmed, Hedley Glencross, Qiuyu Wang, 2016 Biomedical scientists are the foundation of modern healthcare from cancer screening to diagnosing HIV from blood transfusion for surgery to food poisoning and infection control Without biomedical scientists the diagnosis of disease the evaluation of the effectiveness of treatment and research into the causes and cures of disease would not be possible The Fundamentals of Biomedical Science series has been written to reflect the challenges of practicing biomedical science today It draws together essential basic science with insights into laboratory practice to show how an understanding of the biology of disease is coupled to the analytical approaches that lead to diagnosis Assuming only a minimum of prior knowledge the series reviews the full range of disciplines to which a Biomedical Scientist may be exposed from microbiology to cytopathology to transfusion science A core text in the Fundamentals of Biomedical Science series *Biomedical Science Practice* gives a comprehensive overview of the key laboratory techniques and professional skills that students need to master The text is supported throughout with engaging clinical case studies written to emphasize the link between theory and practice providing a strong foundation for beginning biomedical science students

Environmental Health ,1992     **Executive's Manual for Personnel Handling** Prentice-Hall, Inc, 1966     **Navy Lifeline** ,1978     *Workplace Issues* ,2000     **Principles of Airport Handling** International Air Transport Association, 1980     **PowerPoint 7 for Windows 95** Margaret Marple, 1998     Safety and Health at Work ,2002     Books and Pamphlets, Including Serials and Contributions to Periodicals Library of Congress. Copyright Office, 1974     *Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington, Under the Copyright Law ... Wherein the Copyright Has Been Completed by the Deposit of Two Copies in the Office* Library of Congress. Copyright Office, 1974     Nursing Times, Nursing Mirror ,2002     Progress in Coal, Steel, and Related Social Research ,1992     **National Safety Congress Transactions** National Safety Congress (U.S.), 1962     **Resources in Education** ,1982     *Annotated Instructor's Edition with 3.5 IBM Disk to Accompany PowerPoint 97* Margaret Marple, Sharon Anne Fisher-Larson, 1998-01-05 The Annotated Instructor's Edition provides the kind of point of instruction assistance you need to enrich your teaching with relevance and effectiveness It s designed to help you meet the diverse needs and learning styles of your students     *Accident Prevention Manual for Industrial Operations* National Safety

Council,1974     *Motion-picture Projection and Theatre Presentation Manual* J. Walter Bantau,Society of Motion Picture and  
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