

MANUAL HANDLING

TOP 10 TIPS:

1 COMPLETE A
MANUAL HANDLING
RISK ASSESSMENT



3 USE MECHANICAL AIDS
WHEREVER POSSIBLE

ENSURE EMPLOYEES
HAVE THE CORRECT
MANUAL HANDLING
TRAINING



4 PLAN YOUR
ROUTE



5 WORK
FROM A
STABLE
BASE



6 KEEP THE
LOAD CLOSE
TO YOUR BODY

**BEND
YOUR
KNEES**



7

**PUSH
A LOAD
RATHER THAN
PULL IT**



8 AVOID TWISTING



10 KNOW YOUR
LIMITS




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