



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ASSESS your task FIRST

ASK: Can you fit your chest over the load? Clear any obstacles from your path and know where obstacles will be in an unclear path.



Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.



TIGHTEN your abs

Using your core abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

LIFT with your LEGS

Bend at the knees & hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Sore Shout Technique (Frog Lift).

Keep your back STRAIGHT

When you keep your back straight (neutral) your legs carry the majority of the weight making you less likely to injure your back.

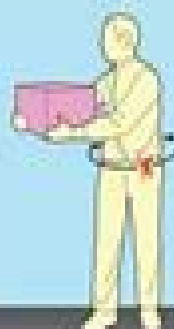


HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and closer to your body than at any other height, similar to how your body.

Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid carrying objects at these heights when possible.



Don't BEND or TWIST while you are lifting or carrying

Improper bending or twisting could throw you off balance or cause injury.

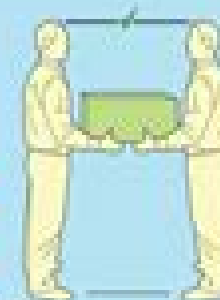


REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, e.g. stretch a heavy load into smaller sections.

Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: strapping, conveyor belts, trolleys, cranes or forklifts.



Two person lifts

When lifting with two or more people ALWAYS ensure people of same size and strength for manual handling tasks.

LIMIT

KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is extremely large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.

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web blade runner 2049 bıçak sırtı 2017 yetişkinlik düzeyi 18 2 sa 41 dk bilim kurgu gizli bir mezarda bulunanlar bir endüstri

devinin ilgisini çeker kayıp efsaneyi bulması için lapd de görev yapan memur k gönderilir başroldekiler ryan gosling harrison ford ana de armas binlerce seçenek sınırsız eğlence ŞİMDİ katil

blade runner franchise imdb - Aug 27 2022

web in 2022 a powerful weapon causes a global blackout that has massive implications all over the world director shin ichirô watanabe stars jovan jackson luci christian bryson baugus edward james olmos votes 9 479 animated short movie 3 blade runner black lotus 2021 2022 tv 14 animation action drama 6 3 rate

blade runner filmlerini unutulmaz kılan 10 etkileyici detay - Dec 19 2021

web aug 12 2020 blade runner filmlerini unutulmaz kılan 10 etkileyici detay philip k dick in 1968 yılında yayınlanan ünlü do androids dream of electric sheep romanından uyarlanan kült film blade runner yoluna 2017 yılında vizyona giren blade runner 2049 ile devam etmişti bilim kurgu hayranlarının gönlünde taht kuran ilk film vizyon

blade runner 2049 izle hdfilmcehennemi film izle hd film izle - Apr 22 2022

web blade runner 2049 filminin bilgileri İlk filmdeki olaylardan 30 yıl sonra yeni blade runner los angeles polisi k ryan gosling toplumun kalanını alt üst etme potansiyeline sahip uzun süredir gizli kalan bir sırrı su yüzüne çıkarır k nin bu keşfi onu 30 yıldır kayıp olan los angeles polis departmanı eski blade runnerı

blade runner 2049 bıçak sırtı filmi konusu nedir hürriyet - Feb 01 2023

web oct 8 2020 blade runner 2049 bıçak sırtı filmi bu akşam televizyon ekranlarında izleyici karşısına çıkacak filmin oyuncularında dave bautista ryan gosling ana de armas jared leto

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web blade runner 2049 bıçak sırtı filmin kadrosu ve ekibin tamamı yönetmen denis villeneuve oyuncular ryan gosling harrison ford ana de armas jared leto

blade runner 1982 imdb - Jul 06 2023

web jun 25 1982 blade runner 1982 r 1h 57m imdb rating 8 1 10 805k your rating rate popularity 370 12 play trailer 1 02 7 videos 99 photos action drama sci fi a blade runner must pursue and terminate four replicants who stole a ship in space and have returned to earth to find their creator director ridley scott writers hampton fancher

blade runner franchise wikipedia - Nov 29 2022

web blade runner is an american neo noir science fiction media franchise originating from the 1968 novel do androids dream of electric sheep by philip k dick about the character of rick deckard the book has been adapted into several media including films comics a stage play and a radio serial

blade runner 1982 official trailer ridley scott harrison ford - Feb 18 2022

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0 1 2 3 4 5 6 7 8 9 1 2 3 4

büyük bir evrenin yapı taşı blade runner bilimkurgu kulübü - Jan 20 2022

web may 8 2021 1979 yapımı ilk alien filmi 2122 yılında geçerken blade runner 2019 dadır her iki filmde de şirketler ön plandadır alien da weylend yutani öne çıkarken blade runner da tyrell şirketini başrolde görebiliriz ancak 1999 yılında yayımlanan ve alien 20 yıl Özel dvd sinde görülen bir bilgi bu iki şirketin ortak

blade runner 2049 bıçak sırtı sinemalar com - Sep 27 2022

web blade runner 2049 bıçak sırtı film konusu İlk filmin olaylarının üstünden 30 yıldan fazla zaman geçmişken los angeles polis departmanı nda görev yapan memur k ryan gosling insanlığı büyük kargaşaya sürükleyecek hatta sonunu

blade runner 2049 2017 imdb - Oct 09 2023

web oct 6 2017 young blade runner k s discovery of a long buried secret leads him to track down former blade runner rick deckard who s been missing for thirty years director denis villeneuve writers hampton fancher michael green philip k dick stars harrison ford ryan gosling ana de armas see production box office company info watch on max

bıçak sırtı vikipedi - May 04 2023

web bıçak sırtı İngilizce blade runner ridley scott tarafından yönetilen 1982 tarihli abd yapımı bilimkurgu filmidir başrollerde harrison ford rutger hauer ve sean young yer almıştır philip k dick in android ler elektrikli koyun düşler mi adlı romanını temel alan senaryoyu hampton fancher ve david peoples yazmıştır

blade runner 2049 bıçak sırtı beyazperde - Jun 05 2023

web oct 6 2017 beyazperde 4 0 arkadaşlarım puanım İzlemek İstiyorum eleştiri yaz Özet blade runner 2049 da ilk filmdeki hikayenin üzerinden geçen 30 yıl sonrası anlatılmaktadır los angeles polis departmanı nda görev yapan memur k toplum yaşamını kaosa sokacak olan ve uzun zamandır saklı kalan bir sırrı açığa çıkartır

blade runner on gog com - Mar 22 2022

web in the game you take the role of detective ray mccoys armed with your investigative skills and tools of the blade runner trade you must roam the dark rainy streets of los angeles a d 2019 in pursuit of androids gone rogue searching for those so called replicants is a tough nut to crack because they look and behave almost exactly like real

bıçak sırtı blade runner izle filmmax - Jun 24 2022

web dram gerilim yapım yılı 1982 süre 1 saat 57 dakika İzlenme 865 orijinal İsim blade runner uzaydaki bir madende çalışan androidler kaçıp dünyada rehine alıyorlar rick deckard harrison ford ın işi onları bulup yok etmektir kaçanları ararken anroidlerle insanları birbirinden ayırmak zorundadır

bıçak sırtı 2049 blade runner 2049 izle filmmax - Jul 26 2022

web süre 2 saat 44 dakika İzlenme 13 394 orijinal İsim blade runner 2049 2019 yılında geçen ilk filmde tyrell gibi devasa

retici firmalar replikant isimli dıř grnm olarak insan trnden ayırt edilemeyen robotlar rettiyorlardı dnya dıřı kolonilerin tehlikeli ve illegal iřlerinin halledilmesi iin kullanılan bu

bıak sırtı blade runner beyazperde com - Oct 29 2022

web zet bıak sırtı ekildięi yıldıan ok uzak bir dnemde 2019 yılında dnyanın artık distopik bir yařam alanı haline geldięi bir dnemde geer tyrell gibi devasa retici firmalar replikant isimli dıř grnm olarak insan trnden ayırt edilemeyen robotlar retmektedirler

blade runner rotten tomatoes - Dec 31 2022

web blade runner works on every level dark intelligent visually breathtaking as well as having great performances blade runner is a sci fi masterpiece that i would implore you to watch if you haven t