

Safer lifting

Manual
Handling
Operations
Regulations
1992

Planning ahead

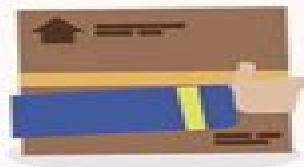


1. Can you avoid moving the object?
Avoid 'manual handling' (moving by hand) if you can. Consider whether your task be moved to the object, or can the object be moved by a machine?
2. Can you lift and move this object safely?
Think about weight, structure, distance, environment. If you can't move an object safely, ask for help!
4. How can the object be made easier to move?
Could you make several trips rather than moving everything in one go? Can you drag the object? Can you add rest stops to the journey?
5. Is your work environment safe?
Think about where you're carrying the object. Consider tripping hazards, steps, ramps, spills, and anything that might affect your visibility.

Lifting technique



1. Start with the stance
Face the direction of travel, feet shoulder length apart, with one slightly in front of the other.



2. Get a firm grip
Grip using the palms of the hands and roots of your fingers. Hold close to your chest if possible.



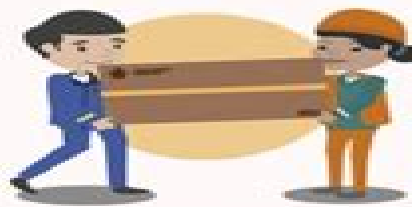
3. Do not bend your back
Lift with your knees. The NHS suggests a slight bend of the back, hips and knees to avoid a full squat.



4. Avoid twisting
Avoid twisting when lifting. Keep your shoulders level and facing the same direction as your hips.



5. Move safely
Keep the object close to your body and look where you're going. Make sure you can see!



6. Co-ordinated lifting
Get help when you need it, but make sure all parties know how to lift safely.



7. Lower to adjust
Where possible, put the load down and then slide it to where it needs to go.

Handout For Manual Lifting

U.S. Army



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Table of Contents Handout For Manual Lifting

1. Understanding the eBook Handout For Manual Lifting
 - The Rise of Digital Reading Handout For Manual Lifting
 - Advantages of eBooks Over Traditional Books
2. Identifying Handout For Manual Lifting
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Handout For Manual Lifting
 - User-Friendly Interface
4. Exploring eBook Recommendations from Handout For Manual Lifting
 - Personalized Recommendations
 - Handout For Manual Lifting User Reviews and Ratings
 - Handout For Manual Lifting and Bestseller Lists
5. Accessing Handout For Manual Lifting Free and Paid eBooks
 - Handout For Manual Lifting Public Domain eBooks
 - Handout For Manual Lifting eBook Subscription Services
 - Handout For Manual Lifting Budget-Friendly Options
6. Navigating Handout For Manual Lifting eBook Formats

- ePub, PDF, MOBI, and More
- Handout For Manual Lifting Compatibility with Devices
- Handout For Manual Lifting Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Handout For Manual Lifting
 - Highlighting and Note-Taking Handout For Manual Lifting
 - Interactive Elements Handout For Manual Lifting
- 8. Staying Engaged with Handout For Manual Lifting
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Handout For Manual Lifting
- 9. Balancing eBooks and Physical Books Handout For Manual Lifting
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Handout For Manual Lifting
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Handout For Manual Lifting
 - Setting Reading Goals Handout For Manual Lifting
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Handout For Manual Lifting
 - Fact-Checking eBook Content of Handout For Manual Lifting
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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