



## TIPS FOR HANDLING



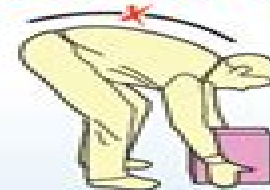
### ASSESS your object and your task BEFORE you lift

Have a plan of attack. Plan your route before you lift. Clear any obstacles from your path, and be sure you know what is in your way if you cannot see your path well.



### LIFT with your LEGS

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



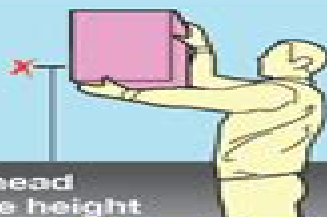
### Avoid STOOPING

Keep your back neutral. You are less likely to injure your back if you keep your back neutral during lifting.



### 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 close to your body than at any other height and/or far from 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 storing objects above head height or below knee height when possible.

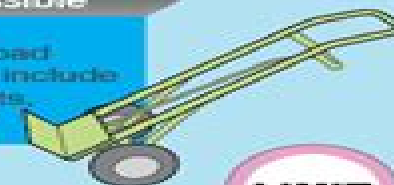
### Don't BEND or TWIST while you are lifting or carrying

Any improper bending or twisting could throw you off balance or injure your back.



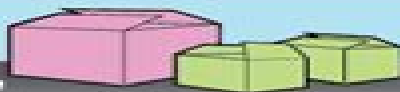
### Use lifting aids when possible

Use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include wheelbarrows, conveyor belts, trolleys, cranes or forklifts.



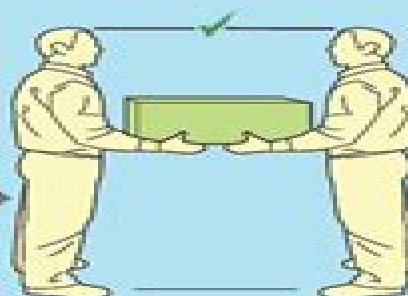
### REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, for example, repack a heavy load into smaller parcels.



### Two person lifts

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



### KNOW your limits!

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

**LIMIT**

# Manual Handling Handouts

**Great Britain**



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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      The Health and Safety Trainer's Guidebook Simon Watson Pain,2022-11-29 The book is designed to help trainers design and deliver health and safety training in a fun and high impact way such that trainees engage with the subject and remember how to apply it in the work environment It will be useful for managers trainers professionals and graduate students in the fields of ergonomics human factors and occupational health and safety The text comprehensively explains the effect of the brain on learning and then develops the training processes from training needs analysis all the way through effective training techniques and ending with competence assurance The unique approach of the book is that Part II provides a range of 30 tried and tested original resource ideas to make health and safety training effective and memorable It will be a valuable text for professionals and graduate students in the fields of ergonomics human factors and occupation health and safety Provides practical and tested solutions to common training problems Covers a resource section showing how to develop interesting and relevant training exercises Focuses on special needs of health and safety training Guides the reader through identifying the training need delivering the training and finally assuring competence Designed to help trainers design and deliver health and safety training in a fun and high impact way

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Second World War It was one of few operational front line aircraft of the era constructed almost entirely of wood and was nicknamed The Wooden Wonder The Mosquito was also known affectionately as the Mossie to its crews Originally conceived as an unarmed fast bomber the Mosquito was adapted to a wide range of bombing roles It was also used by BOAC as a fast transport to carry small high value cargoes to and from neutral countries through enemy controlled airspace The book collates a variety of pamphlets and manuals on the plane that were produced throughout the war for the benefit of pilots and others associated with the aircraft

**Dimensions of Learning Trainer's Manual, 2nd ed.** Robert J. Marzano, Debra J. Pickering, 2011-05-01 The premise of Dimensions of Learning an instructional framework founded on the best of what researchers and theorists know about learning is that five types or dimensions of thinking are essential to successful learning These are 1 positive attitudes and perceptions about learning 2 thinking involved in acquiring and integrating knowledge 3 thinking involved in extending and refining knowledge 4 thinking involved in using knowledge meaningfully and 5 productive habits of mind Dimensions of Learning is a valuable tool for reorganizing curriculum instruction and assessment The authors discuss each of the five dimensions in detail and describe hundreds of teaching strategies that support them for example how to help students construct meaning for declarative knowledge internalize procedural knowledge and see the relevance of what they are expected to learn The authors provide many examples at the elementary and secondary classroom levels

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