

Top 10 tips for Manual Handling

1

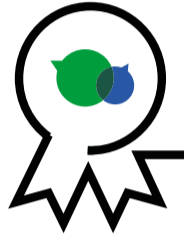


Conduct a Manual Handling

Risk assessment

Ensure employees have the correct **Manual Handling training**

2



Work from a stable base

5

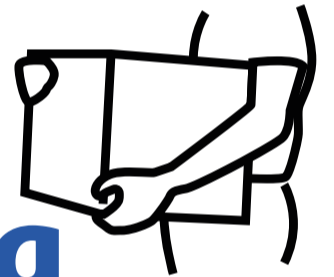
3



Use mechanical aids wherever possible

6

Hug the load



START

10kg

FINISH

4

Plan your route before you start

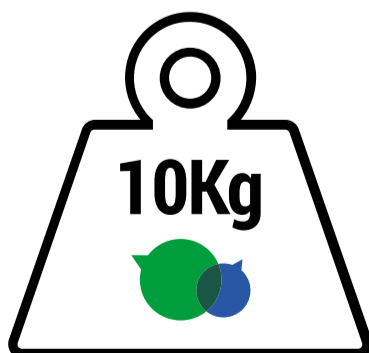
Be on your knees

7

Avoid twisting or leaning

8

9 Know your limits



Push, don't pull

10

