

Talk No. 19

Start time End

Duration

1. Introduction:

Manual handling is correctly to avoid be

2. Main Points:

- 2.1 The primary aim is to practicable (i.e. use
- 2.2 Where manual hand proper procedures r
- 2.3 Plan deliveries and distribution.

3. Points to remember

- 3.1 Assess all loads: ar Size up the load an side and then lifting
- 3.2 Can you handle the
- Wear suitable clothi against cuts, crushe
- 3.4 Is there sufficient sp taking the load?
- 3.5 Do not carry a load
- 3.6 If necessary move I
- 3.7 Always use a good
 - 3.7.1 Stand reaso slightly forwa
 - 3.7.2 Bend your k
 - 3.7.3 Get a secur
 - 3.7.4 Breathe in b
 - 3.7.5 Carry out th back straigh

sential that it is carried out erm injuries.

ling so far as is reasonably

then it must be assessed and

unt load sizes, locations and

able, difficult to grasp, sharp etc? ial lift by rocking it from side to

need assistance?

es and safety boots to protect

a clear route to where you are

ion.

eet hip width apart with one foot ction you're going.

back straight.

egs to take the strain, keeping the to the body.

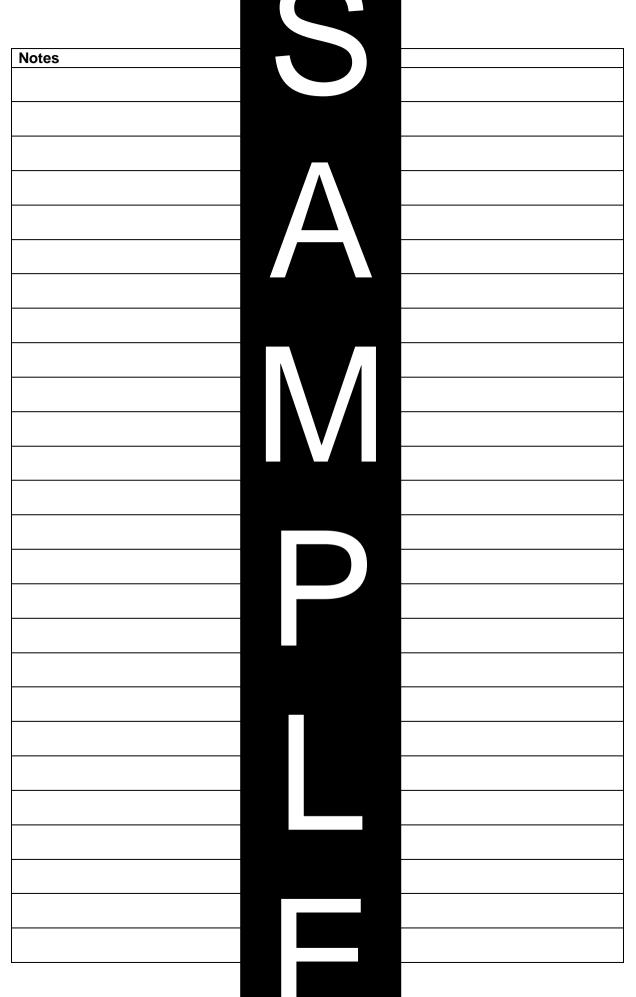
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3.7.6 Step off in th close to the

- 3.7.7 If necessary
- 3.7.8 Avoid any je

foot is pointing, keeping the load

s.



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Talk No. 19			NDLING	
All operatives <u>listed a</u>			Box Talk.	
NAME		\dashv		
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