

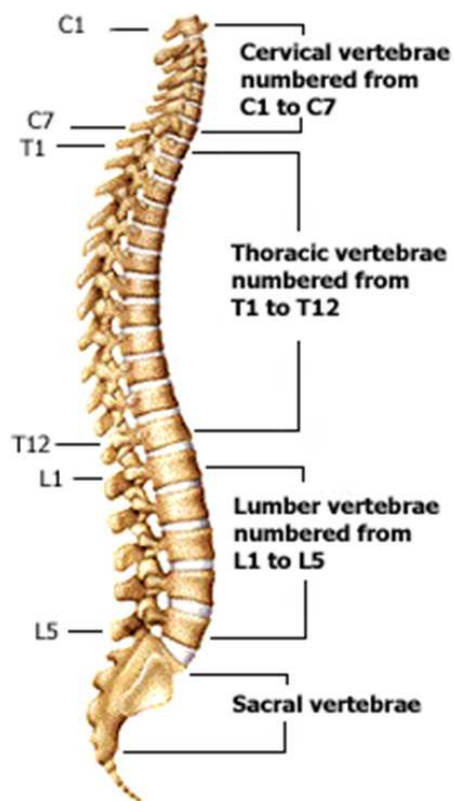
MONTHLY H&S FOCUS MARCH 2012

MANUAL HANDLING

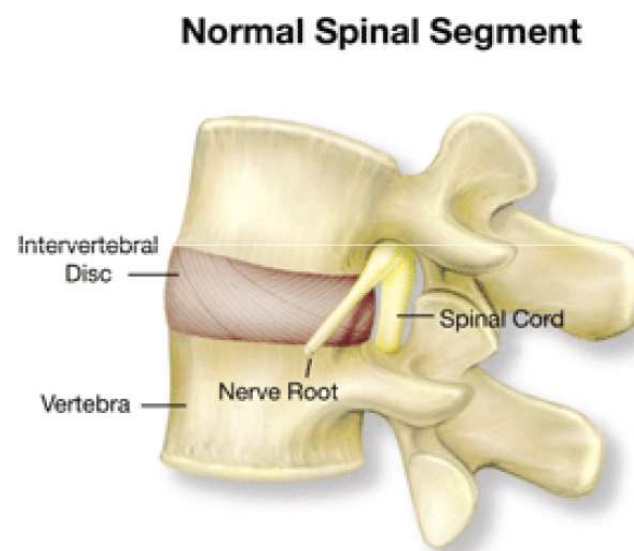
What is Manual Handling ?

Any transporting or supporting of a **load** (including the lifting, putting down, pushing, pulling, carrying or moving thereof) **by hand or by bodily force.**

The spine

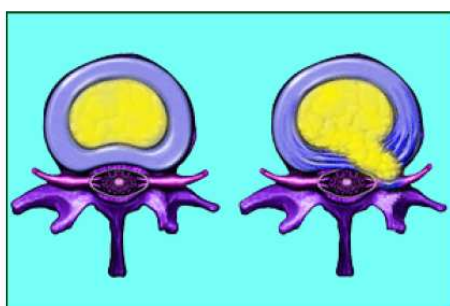
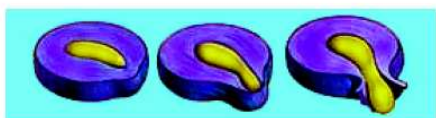


Bones and Joints



Reasons for Back Pain

Disc Damage



Herniated Disc



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MANUAL HANDLING

Good Handling technique for lifting

1- Adopt a stable position

2- Feet apart – 10 and 2 position



3- Positioned either side of the load

4- Maintain balance

5- Slightly bend the back

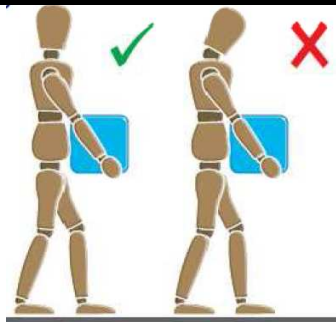
6- Don't stoop



7- Grip the load with the hands. Not just the fingers !

8- Keep the head up when handling

9- Look ahead and not down at the load

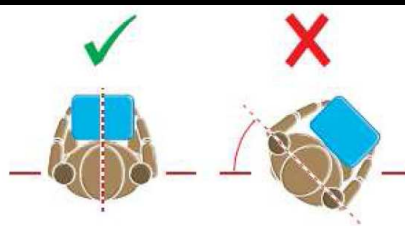


10- Keep the load close to the body

11- The heaviest side should be the side nearest the body

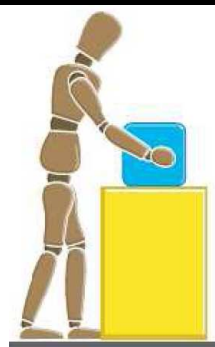
12- Avoid twisting the back or leaning sideways

13- Keep shoulders level facing in the same direction as the hips



14- Turn by moving the feet

15- Put the load and then adjust



16- If possible slide the load into position