

Manual Handling

Overview

This document covers considerations and good techniques for manual handling.

Considerations

- 1) Always use mechanical aids instead of manual handling if possible (such as forklifts or pallet trucks).
- 2) Know your capabilities and only tackle jobs you can handle, otherwise seek help.
- 3) Check if there is a clear walkway with good lighting to the work area.
- 4) Where possible, establish the weight of the load before starting to lift.
- 5) Wear gloves to protect against cuts and safety boots to protect from falling loads.
- 6) Carry out a trial lift by rocking the load from side to side, then try lifting it a small way to get a feel for it.

Good handling techniques

- 1) Stand reasonably close to the load, feet hip-width, one foot slightly forward pointing in the direction you're going.
- 2) Flex your knees and slightly curve your back (avoid stooping or a deep squat when starting a lift).
- 3) Get a secure grip on the load.
- 4) A good lifting technique uses the strong muscles in your legs.
- 5) Keep the load close to your body but don't carry a load that obscures your vision.
- 6) Lift slowly and smoothly, avoiding jerky movements.
- 7) Avoid twisting your body when lifting or carrying a load.
- 8) When lifting to a height from the floor, do it in two stages if possible.
- 9) When two or more people lift a load, one person must give directions to co-ordinate the lift.

Health and safety

Always make sure you carry the suitable load for yourself and not overload as this can cause serious back injuries.

Summary

Make sure you check the loads and if equipment can be used then use it. If there is more than one person that is carrying the load just make sure they give directions.

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Feedback arising from Talk



Trinity
Safety