

Ergonomics and Manual Handling Picture This



MANUAL HANDLING

TOP 10 TIPS:

1 COMPLETE A
MANUAL HANDLING
RISK ASSESSMENT



2 ENSURE EMPLOYEES
HAVE THE CORRECT
MANUAL HANDLING
TRAINING



3 USE MECHANICAL AIDS
WHEREVER POSSIBLE



4 PLAN YOUR
ROUTE



5 WORK
FROM A
STABLE
BASE



6 KEEP THE
LOAD CLOSE
TO YOUR BODY



7 BEND
YOUR
KNEES



8 AVOID TWISTING



9 PUSH
A LOAD
RATHER THAN
PULL IT



10 KNOW YOUR
LIMITS



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Source: <https://www.ofi.co.uk>