

Manual Handling

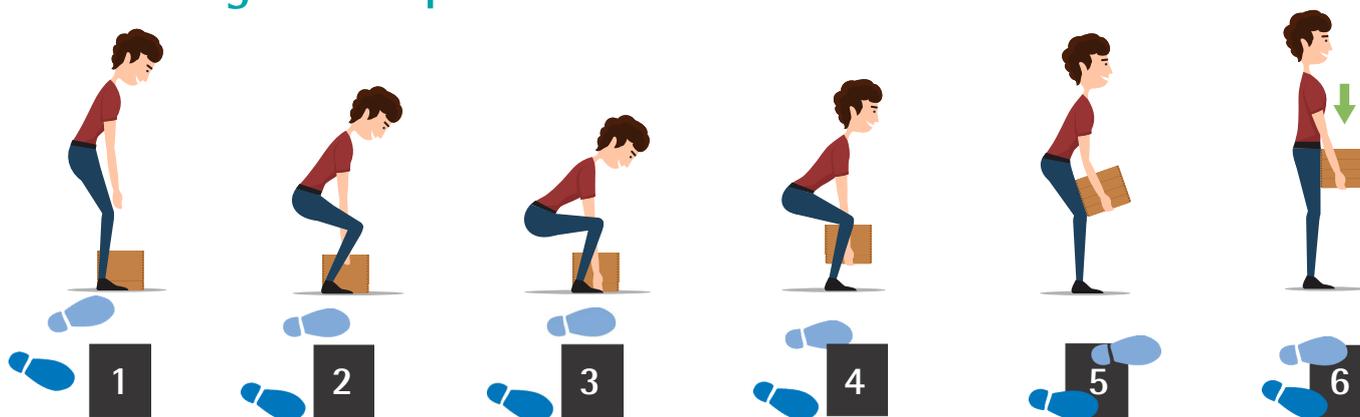
Remember 'TILE'



- T** = Task
Plan the lift; How far?; What is the route?
- I** = Individual
Do you need assistance?; Posture; Grip; How to bend?
- L** = Load
What are you lifting?; How heavy?; Do you need lifting equipment?
- E** = Environment
Is the route safe?; How far?; Where are you putting it down?

Get it wrong today and you are likely to suffer the consequences tomorrow!!

Safe Lifting Technique



1. Stop and Think.

Get a firm footing. Keep your feet apart (shoulder width) for a stable base; point toes out.

2. Position the feet.

Don't bend at the waist. Don't do more work than you have to. Keep your back straight.

3. Bend the knees.

Tighten stomach muscles. Abdominal muscles support your spine when you lift, off-setting the force of the load.

4. Lift with your knees.

Let your powerful leg muscles do the work of lifting, not your weaker back muscles.

5. Raise the load.

Don't hold the load away from your body.

6. Keep the load close to the body.

Avoid twisting, it can cause injury. Put the load down slowly.