

Manual handling

FACT

Manual handling was the most frequent cause of over-seven-day injury in 2014/15 and approximately 909,000 working days are lost each year due to handling injuries.*

*HSE: Handling Injuries in Great Britain Report 6, 2014

1 STOP AND THINK

- Where is the load going?
- Are there any obstacles?
- Are there any aids to help me?
- Consider the size, shape and weight of the load



2 THE LIFT

- | | |
|--|--|
| ✓ Keep distances to a minimum | ✓ Firm hold from below |
| ✓ Prepare the area (remove trip hazards) | ✓ Lead with your head as you lift |
| ✓ Test the load | ✓ Keep movement smooth |
| ✓ Feet apart | ✓ Keep load close to your body |
| ✓ Leading leg slightly forward | ✓ Reverse the procedure when lowering the load |
| ✓ Hips and knees relaxed | |

3 DON'T

- | | |
|---------------|----------------------------------|
| ✗ Jerk | ✗ Twist |
| ✗ Overstretch | ✗ Lift loads which are too heavy |



4 ASK FOR HELP IF REQUIRED

If the load is too heavy or you have a problem, ask for help

Manual Handling In Care Handouts

Anthony S. Fauci



Manual Handling In Care Handouts:

Unveiling the Magic of Words: A Overview of "**Manual Handling In Care Handouts**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Manual Handling In Care Handouts**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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