Assess the risk of injury from any hazardous manual handling that can't be avoided.

Please assess the following before manual handling Starts:

a. Size, shape and weight of the objects;

b. Check for nails splinters, and sharp edges;

c. Check for grease, oil, moisture;

d. Slopes ramps uneven surfaces;

- e. Hot and cold objects;
- Long carrying distance;
- g. Bumpy, obstructed or slippery floors;
- h. Personal protective equipments;
- Your health conditions.

Safe manual handling practices:

- Make sure the route is clear of obstructions;
- Avoid twisting and awkward body positions;
- Carry the load without sudden starts or stops. Move slowly, and watch your step;

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Hiroyuki Hirano

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