



# MANUAL HANDLING



LIFT WITH YOUR LEGS  
KEEP YOUR BACK STRAIGHT  
KNOW YOUR LIMITS



## ASSESS your task FIRST

ASK: Can you lift your object from the floor? What are obstacles from your path and where where obstacles will be in an unclear path?



## Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in a straight line to maintain shoulder width placement.



## TIGHTEN your abs

Using your back abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

## LIFT with your LEGS

Bend at the knees & hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Sorel Squat Technique (Squat Lift).

## Keep your back STRAIGHT

When you keep your back straight (lifting) your legs carry the majority of the weight making you less likely to injure your back.

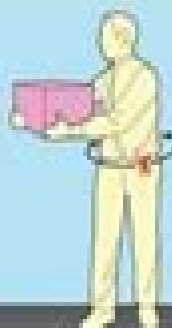


## HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height (either far from your body).

## Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid carrying objects at these heights when possible.



## Don't BEND or TWIST while you are lifting or carrying

Proper bending or twisting could throw you off balance or cause injury.

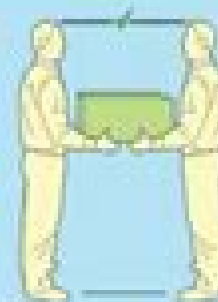
## Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: stretchers, conveyor belts, trolleys, cranes or hoists.



## REDUCE the size of the load when possible

When possible reduce the size of the load or spread it over smaller feet more frequent trips, e.g. March a heavy load into several sections.



## Two person lifts

When lifting with two or more people ALWAYS ensure people of same sex and strength for manual handling tasks.

## LIMIT

## KNOW your limits!

Ask for help - If you cannot lift an object, don't. Even if the object is not heavy, if it is unusually large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.

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# Manual Handling For House Keepers

**Great Britain. Board of Education**



## **Manual Handling For House Keepers:**

*All About Hospitality Studies (Food Production, Food and Beverage Service, House Keeping, Front Office, Tourism)*

Kishor G Saha,2000-10-15 This book is about covering mostly the core subjects of Hospitality studies Food Production Food and Beverage services Front Office House keeping and Tourism This book stands as a testament to a life lived in the embrace of hospitality a life that has intertwined with the trajectories of remarkable personalities This journey of book transcends the professional offering a glimpse into the fusion of cultures values and aspirations that shape the intricate fabric of the global hospitality industry This is to illuminate the path for the next generation of hospitality enthusiasts to provide a guiding light for undergraduates and graduates setting forth on their own odysseys within this dynamic industry This book encapsulates the wealth of knowledge and wisdom amassed over decades of service and scholarship It is a repository of lessons learned challenges overcome and innovative strategies that have stood the test of time In these pages you will find not just a preface to a book but a prologue to an expedition of knowledge growth and transformation As you delve into the chapters that follow remember that you are embarking on a journey that traverses continents connects cultures and encapsulates the essence of hospitality itself

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## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Manual Handling For House Keepers**

In a world inundated with displays and the cacophony of instantaneous interaction, the profound power and emotional resonance of verbal beauty usually diminish into obscurity, eclipsed by the constant assault of noise and distractions. However, set within the lyrical pages of **Manual Handling For House Keepers**, a fascinating perform of fictional brilliance that impulses with fresh feelings, lies an unforgettable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, that magical opus guides readers on an emotional odyssey, softly revealing the latent potential and profound influence stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is central styles, dissect its captivating publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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