SAFE LIFTING & HANDLING

RULES for safer LIFTING

Carry out a MANUAL HANDLING risk assessment

Make sure employees have MANUAL HANDLING training

Use MECHANICAL AIDS whenever possible

PLAN your route BEFORE you start

HUG the load close to your body

BEND YOUR KNEES and NOT YOUR BACK

AVOID TWISTING

Keep your HEAD UP and YOUR LINE OF SIGHT CLEAR

PUSH a load rather than PULL IT

and ask for HELP if needed



Manual Lifting Safety Guide

BM King



The book delves into Manual Lifting Safety Guide. Manual Lifting Safety Guide is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual Lifting Safety Guide, encompassing both the fundamentals and more intricate discussions.

- 1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Manual Lifting Safety Guide
 - Chapter 2: Essential Elements of Manual Lifting Safety Guide
 - Chapter 3: Manual Lifting Safety Guide in Everyday Life
 - Chapter 4: Manual Lifting Safety Guide in Specific Contexts
 - \circ Chapter 5: Conclusion
- 2. In chapter 1, the author will provide an overview of Manual Lifting Safety Guide. The first chapter will explore what Manual Lifting Safety Guide is, why Manual Lifting Safety Guide is vital, and how to effectively learn about Manual Lifting Safety Guide.
- 3. In chapter 2, the author will delve into the foundational concepts of Manual Lifting Safety Guide. This chapter will elucidate the essential principles that must be understood to grasp Manual Lifting Safety Guide in its entirety.
- 4. In chapter 3, this book will examine the practical applications of Manual Lifting Safety Guide in daily life. The third chapter will showcase real-world examples of how Manual Lifting Safety Guide can be effectively utilized in everyday scenarios.
- 5. In chapter 4, this book will scrutinize the relevance of Manual Lifting Safety Guide in specific contexts. This chapter will explore how Manual Lifting Safety Guide is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, this book will draw a conclusion about Manual Lifting Safety Guide. The final chapter will summarize the key points that have been discussed throughout the book.
 - This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Lifting Safety Guide.

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