

# SAFE MANUAL HANDLING



**1**  
CONDUCT  
A MANUAL  
HANDLING  
RISK  
ASSESSMENT



**2**  
AVOID  
MANUAL  
HANDLING  
WHERE  
POSSIBLE



**3**  
USE  
MECHANICAL  
AIDS  
WHERE  
POSSIBLE

**5**



WORK FROM A  
STABLE BASE

**6**



STABLE GRIP  
AND LIFT  
USING/BENDING  
YOUR KNEES

**4**

PLAN THE  
ROUTE BEFORE  
YOU START



**7**  
KEEP  
THE  
LOAD  
CLOSE  
TO THE  
BODY!



**8**  
AVOID  
TWISTING  
OR LEANING



**9**  
KEEP  
YOUR  
HEAD  
UP!

**10**

PUSH A LOAD  
RATHER THAN  
PULL IT



**11**  
kg

KNOW  
YOUR  
LIMITS

**MAKE SURE THE CORRECT LEVEL OF TRAINING IS PROVIDED**



**Lifeboats**

**The RNLI is the charity that saves lives at sea**

Royal National Lifeboat Institution, a charity registered in England and Wales (209603) and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland