

SAFE MANUAL HANDLING



1
CONDUCT
A MANUAL
HANDLING
RISK
ASSESSMENT



2
AVOID
MANUAL
HANDLING
WHERE
POSSIBLE



3
USE
MECHANICAL
AIDS
WHERE
POSSIBLE



4
PLAN THE
ROUTE BEFORE
YOU START



5
WORK FROM A
STABLE BASE



6
STABLE GRIP
AND LIFT
USING/BENDING
YOUR KNEES



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