

Safe Manual Handling



Care Academy
Training that matters

The term 'manual handling' covers a wide variety of activities including lifting, lowering, pushing, pulling and carrying. If any of these tasks are not carried out appropriately there is a risk of injury.

HERE ARE SOME TOP TIPS TO HELP YOU STAY SAFE:

Stop and think - assess the Risk

Plan the lift before you start

Where is it going? Do you need any help? Make sure the path is clear and there are no obstructions.



1 Work from a stable base
position your feet slightly apart to give you a solid foundation.



The Lift

2 Hug the Load
The closer the load is to your body, the less strain on your back.

3 Avoid Twisting or Leaning
This places pressure on the spine. Turn by moving the feet instead.

4 Keep your head up
Look ahead when moving, not down at the load, keeping your spine in the right position.

5 Bend your knees
Use your thigh muscles to bend at the knees to pick up the load. Don't bend your back.

6 Know your limits
If the load is too heavy for you, get help!

Don't

⊗ Jerk

⊗ Twist

⊗ Overstretch

⊗ Lift loads which are too heavy