

TOP TIPS FOR MANUAL HANDLING

1 CONDUCT A
**MANUAL
HANDLING**
RISK ASSESSMENT



**ENSURE
EMPLOYEES
HAVE THE
CORRECT
MANUAL
HANDLING
TRAINING**



**USE MECHANICAL AIDS
WHEREVER POSSIBLE**

4 PLAN THE
**ROUTE
BEFORE**
YOU START



5



**WORK FROM A
STABLE BASE**

**HUG
THE LOAD**



**BEND
YOUR
KNEES**

8

**AVOID
TWISTING
OR LEANING**

9 KEEP
YOUR
HEAD **UP↑**



**KNOW
YOUR
LIMITS**



**PUSH A LOAD
RATHER THAN PULL IT**