

Manual Handling

Back injuries can happen in all types of workplace. The most common injuries are usually associated with handling, lifting and carrying. Within the warehouse you will be expected to handle materials and goods. Handled correctly, these tasks should pose no injury to you.

GOOD HANDLING TECHNIQUE



Step 1: Position

- Consider what you are lifting
- Consider the best position
- Have your feet apart, giving a balanced and stable base for lifting (tight skirts and unsuitable footwear make this difficult)
- Have the leading leg as far forward as is comfortable
- Test before lifting



Step 2: Bend

- Get 'underneath' the load
- Bend with the knees
- Keep the back straight
- Don't stoop or stretch
- Hands underneath corners, avoiding sharp edges or anything loose
- Test your grip before fully lifting



Step 3: Lift with your legs

- Use your legs to protect your back
- Bend your knees
- Test the weight
- Carry out the lifting movement smoothly
- Raise the chin as the lift begins, keeping control of the load
- Do not twist the body when turning to the side



Step 4: Look

- Keep looking all around
- Walk tall, walk straight!
- Steer with your eyes
- The closer the load, the less strain on the back
- Do not stoop, stretch or over-reach

I can confirm I have read and understood this manual handling document.

Sign..... Print..... Date.....