







Manual Handling	
	<p>Plan lift</p> <ul style="list-style-type: none"> • Ensure that you are wearing suitable footwear and appropriate clothing for lifting. • Consider the destination. • Examine load – is help required with the load? • Can it be reduced in size? • Make sure area is free from clutter.
	<p>Place the Feet</p> <ul style="list-style-type: none"> • Approximately shoulder width apart. • Face the direction intended. • Leading leg forward. • Heaviest part of load towards you.
	<p>Adopt good posture</p> <ul style="list-style-type: none"> • Slight bending of the back, hips and knees.
	<p>Get a firm Grip</p> <ul style="list-style-type: none"> • Keep arms within boundary formed by legs. • Ensure that the load is not just on the fingers. • Elbows close to sides.
	<p>Move the Load</p> <ul style="list-style-type: none"> • Lift load to waist level. • Move slowly to avoid jerky movements. • Keep close to load. • Maintain your vision.
	<p>Lower Load</p> <ul style="list-style-type: none"> • Lower load slowly, ensuring back is straight and knees bent. • Avoid crushing fingers when lowering. • Put down, then adjust into desired position.