

WHAT YOU NEED TO KNOW ABOUT MANUAL HANDLING

Employers should avoid hazardous manual handling, where possible. For example, by using a mechanical aid. Where manual handling is unavoidable:

1. Assess the Load

Know what you are lifting and its weight. Know where the set-down point is, and ensure there is a clear path to it. Be aware of items with an awkward shape.

2. Personal Limitations

Ask for help when needed. As a guide, men should lift no more than 25kg at waist height, and women no more than 16kg.

3. Stance and Grip

If lifting alone, face the direction of travel, with your feet shoulder width apart. Bend your knees, keeping your back straight. Keep your arms close to your body, and use all of your hand to get a good grip. Keep your back straight, and do not twist your torso.

For more information, go to: www.hse.gov.uk/pubns/indg143.pdf

HOW TO AVOID A MANUAL HANDLING INJURY WHEN LIFTING:



1

Plan and check for dangers to yourself or others. Is the destination of the load clear, free from obstruction and within reason?



2

Check your balance and position. Is the load stable, within your weight limits and easy to grip?



3

When lifting items use your legs. Do not jerk when lifting, keep the movement smooth and take a rest if needed.



4

When moving your load, move from your feet. Do not twist and keep the heaviest part of the load against your body.



5

Ensure that others can see you. If required, wear your personal protective equipment (PPE).

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W: cosaint.training

T: 028 9082 5454

