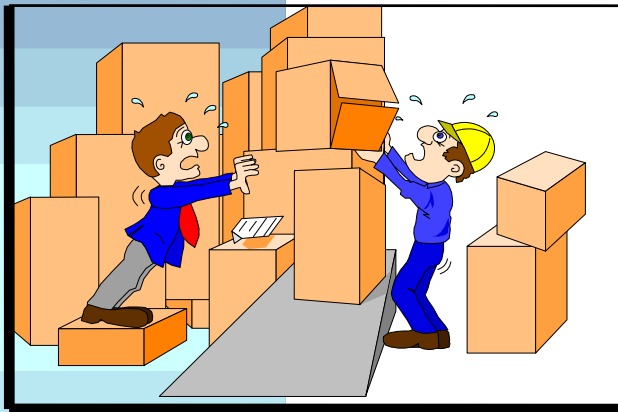
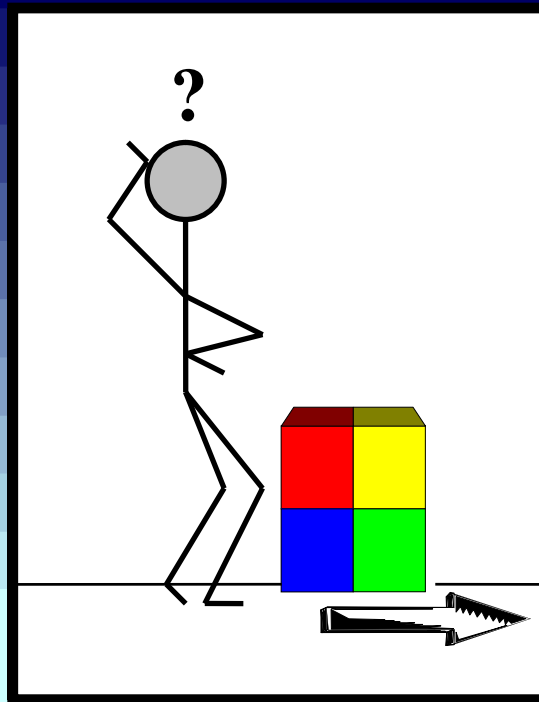
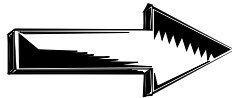


THE MANUAL HANDLING LIFTING CODE



*Can Moving the Load
be Avoided ?*

NO



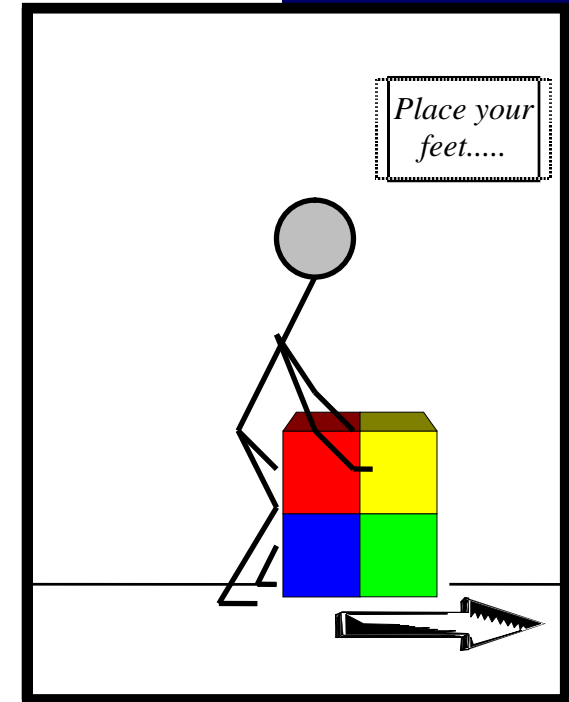
EXAMINE THE LOAD

Size up the job.

*Check the weight, centre of
gravity and stability.*

*If it is too heavy, get help!
Is the load hot, cold or slippy?*

Are there any sharp edges?

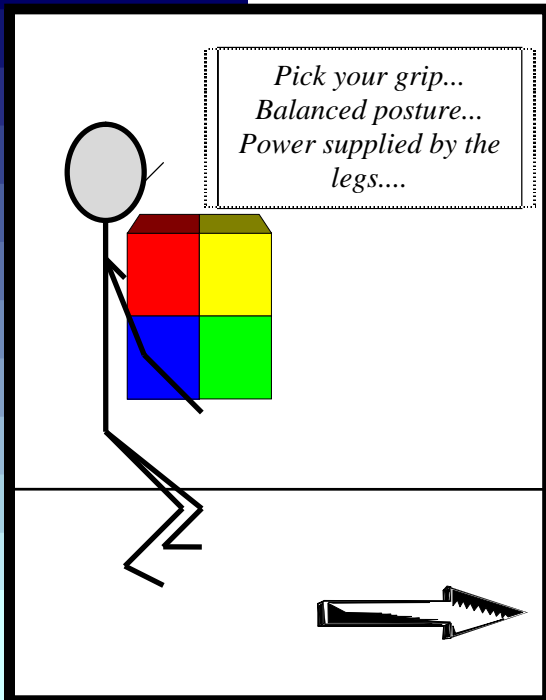


PLAN THE TASK

*Plan a route free from slip
or trip hazards.*

*Provide opportunities for
rest and recovery if you
think you need to.*

Know where to unload!



GET A GOOD GRIP

Decide how to hold the load in advance.

Do you need gloves?

Grasp firmly and with both hands.

Take care not to trap your fingers.

REMEMBER !

Stand close to the load, with your feet in line with your shoulders and one foot slightly in front of the other.

Lower yourself by bending your knees NOT your back.

Keep your back upright and as straight as possible, and try to keep your heels on the floor.

Use your leg and thigh muscles to power the lift NOT your back or tummy. Raise your head, and lift by straightening your legs, taking the strain gradually.

Move upwards and forwards in one smooth, steady movement.

Hold the load close to the centre of your body.

NEVER twist or bend your spine when lifting or carrying.

IF IN DOUBT

ASK FOR

HELP !

Further information and advice is available from the Safety, Health & Environment Office on Ext.: 2231 or 2230.