

TOP 10 TIPS FOR MANUAL HANDLING

1

Assess before you handle or lift anything: your capability & the task itself



2

Adopt a good posture; maintain spine in natural curves



3

Avoid stooping. Stooping results in damage to discs, ligaments and muscles as they work at the end of their range



4

Adopt a stable base



5

Make sure you have a secure grip on the load



6

Avoid twisting (damages discs, muscles and ligaments)



7

Hold the load object/person close



8

Use smooth flowing movements to prevent injury to muscles and ligaments



9

Handle tasks at low level with extra care.

10

Avoid prolonged effort in static positions.

Tips For Manual Handling

Louise Lawson, Ian Peate



Tips For Manual Handling:

Embracing the Track of Appearance: An Emotional Symphony within **Tips For Manual Handling**

In some sort of taken by screens and the ceaseless chatter of instantaneous conversation, the melodic elegance and psychological symphony produced by the prepared term frequently disappear into the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. But, situated within the pages of **Tips For Manual Handling** a wonderful fictional treasure full of fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that captivating masterpiece conducts readers on a mental trip, well unraveling the concealed tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of the emotional review, we will examine the book is key harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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