

MANUAL HANDLING

THE DEFINITION:

"MOVEMENT OF A LOAD BY ONE, OR MORE, PERSONS."

MECHANICAL EQUIPMENT:



TROLLEYS

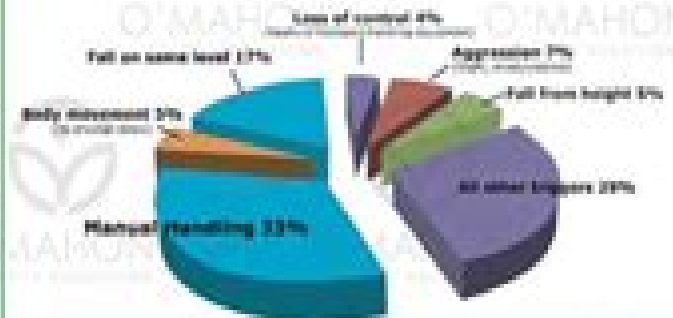
HAND TRUCK

ELECTRIC
HAND TRUCK

FORKLIFT

THE ACCIDENT STATISTICS

WORKPLACE ACCIDENT STATISTICS



PRINCIPALS OF MANUAL HANDLING

- ASSESS- TASK
- STAND CLOSE TO LOAD
- BROAD STABLE BASE, FEET IN DIRECTION OF TRAVEL
- LOOK FORWARD TO ALIGN SPINE
- BEND KNEES
- FIRM PALM GRIP/ ARMS IN LINE WITH TRUNK
- MOVE SMOOTHLY USING THE POWER OF THE LEGS

TOLE

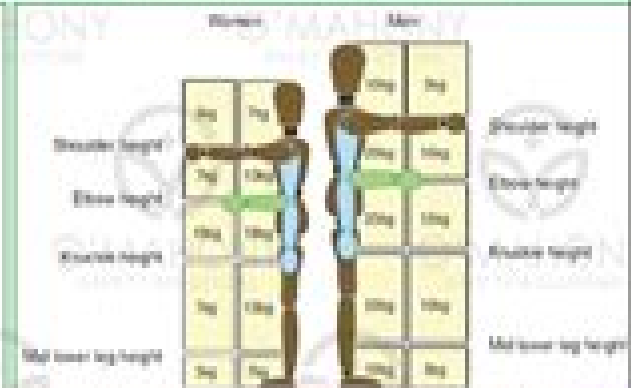
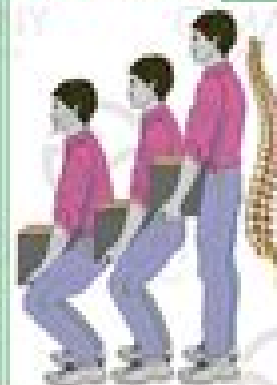
TASK: (WHAT MOVEMENTS AND BODY POSTURES PUT PRESSURE ON THE BACK?)

INDIVIDUAL: (WHAT CHARACTERISTICS OF A PERSON MAKE THEM MORE AT RISK?)

LOAD: (WHAT CHARACTERISTICS OF THE LOAD INCREASE THE RISK?)

ENVIRONMENT: (WHAT ASPECTS OF THE ENVIRONMENT WILL INCREASE THE RISK?)

CORRECT LIFTING POSTURE



Use Manual For Mahros

P. Baveye, J.-C. Block, V.V. Goncharuk



Use Manual For Mahros:

Decoding **Use Manual For Mahros**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Use Manual For Mahros**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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