

Ergonomics and Manual Handling Picture This

MANUAL HANDLING **TOP 10 TIPS!**

- 1 COMPLETE A MANUAL HANDLING RISK ASSESSMENT** 
- 2 ENSURE EMPLOYEES HAVE THE CORRECT MANUAL HANDLING TRAINING** 
- 3 USE MECHANICAL AIDS WHEREVER POSSIBLE** 
- 4 PLAN YOUR ROUTE** 
- 5 WORK FROM A STABLE BASE** 
- 6 KEEP THE LOAD CLOSE TO YOUR BODY** 
- 7 BEND YOUR KNEES** 
- 8 AVOID TWISTING** 
- 9 PUSH A LOAD RATHER THAN PULL IT** 
- 10 KNOW YOUR LIMITS** 

osteopathsforindustry

WWW.OFI.CO.UK - 020 8398 9522 - MANUAL HANDLING, PEOPLE HANDLING AND DSE TRAINING & ASSESSMENT

Source: <https://www.ofi.co.uk>