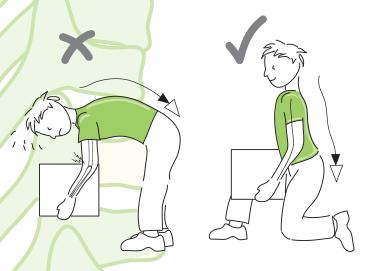
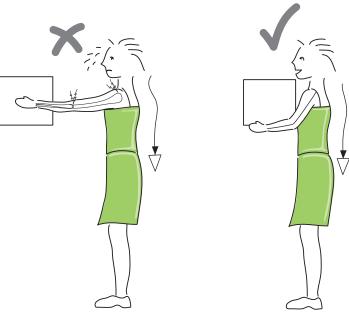
Manual handling tips



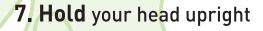
Tips for manual handling!

- 1. Plan assess the load and determine if you need assistance
- 2. Clear the path
- 3. Move in close to the load



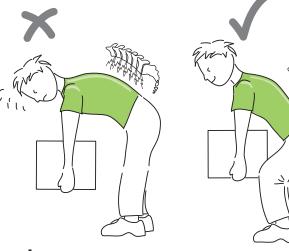


- 4. Place your feet shoulder width apart
- **5. Secure** your grip and hold the load close to your body
- 6. Maintain normal curves of the spine



8. Power the lift with legs and body weight





- 9. Don't twist
- 10. Use smooth, controlled movements

For further information, visit the Safety & Wellbeing web site at: www.safetyandwellbeing.uts.edu.au