

Manual Handling Safety

Slideshow Sample



In this slideshow on Manual Handling Safety, we consider:

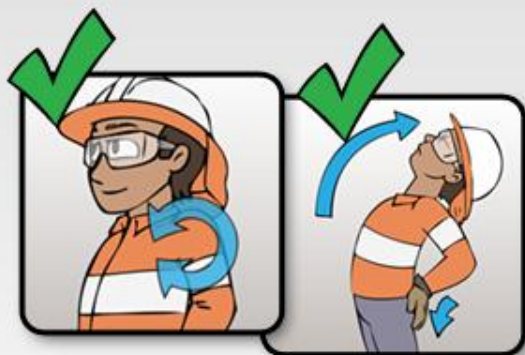
Planning
Manual
Tasks



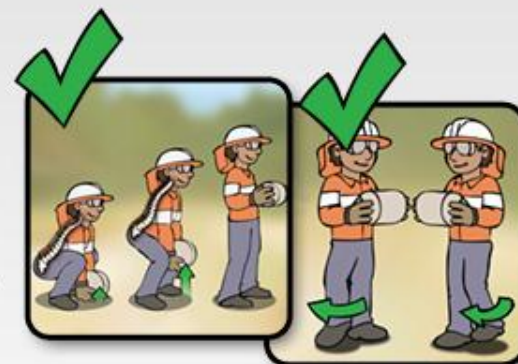
Relevant
PPE



Warming up
& Stretching



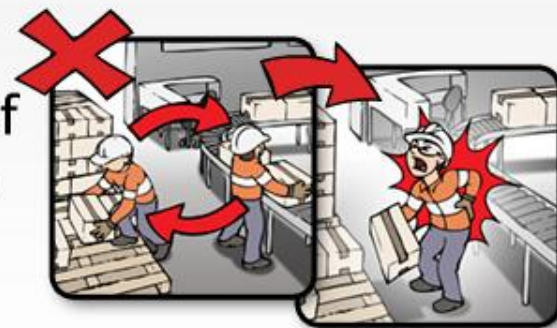
Lifting &
Handling
Techniques



Handling
Aids



Hazards of
Repetitive
Tasks



In this sample we look at the Chapter on Planning Manual Handling Tasks.

Apply the hierarchy of controls:

- Can you eliminate the manual handling task?
- Can you design or use an aid to reduce the manual effort?
- Can you get help and reduce the manual effort?
- Plan to lift at a safe height when lifting to reduce the risk of injury



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Plan any Lifting or Manual Handling Task:

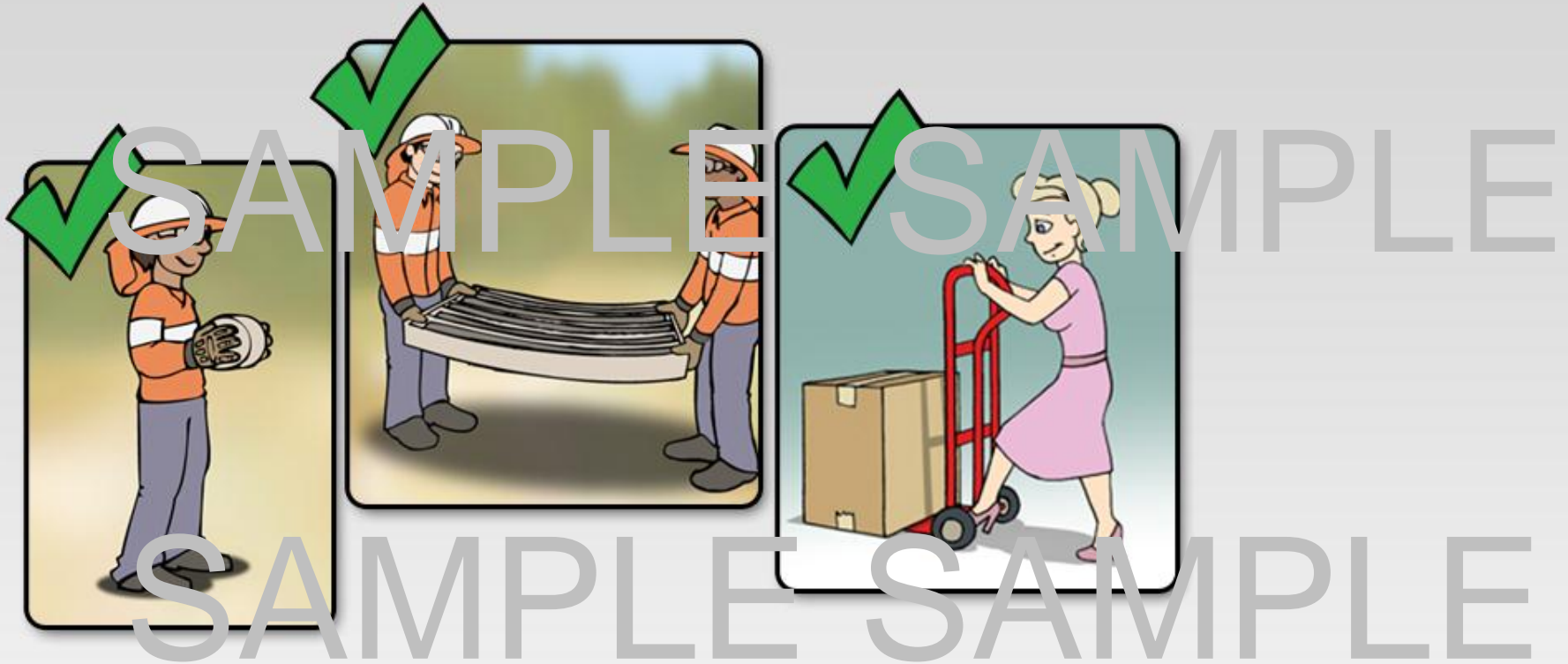
- Can you do it/ lift it safely by yourself?



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Plan any Lifting or Manual Handling Task:

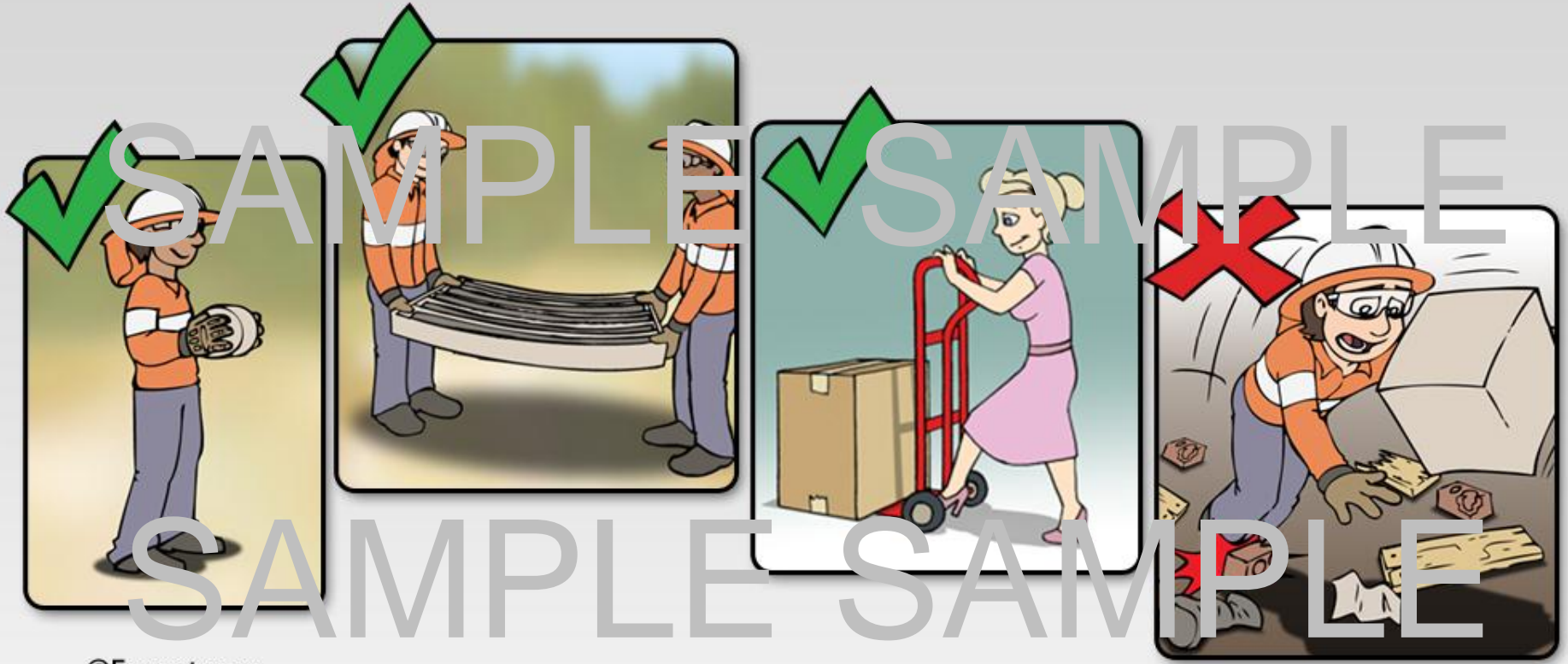
- Can you do it/ lift it safely by yourself?
- Do you need someone to help you?



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Plan any Lifting or Manual Handling Task:

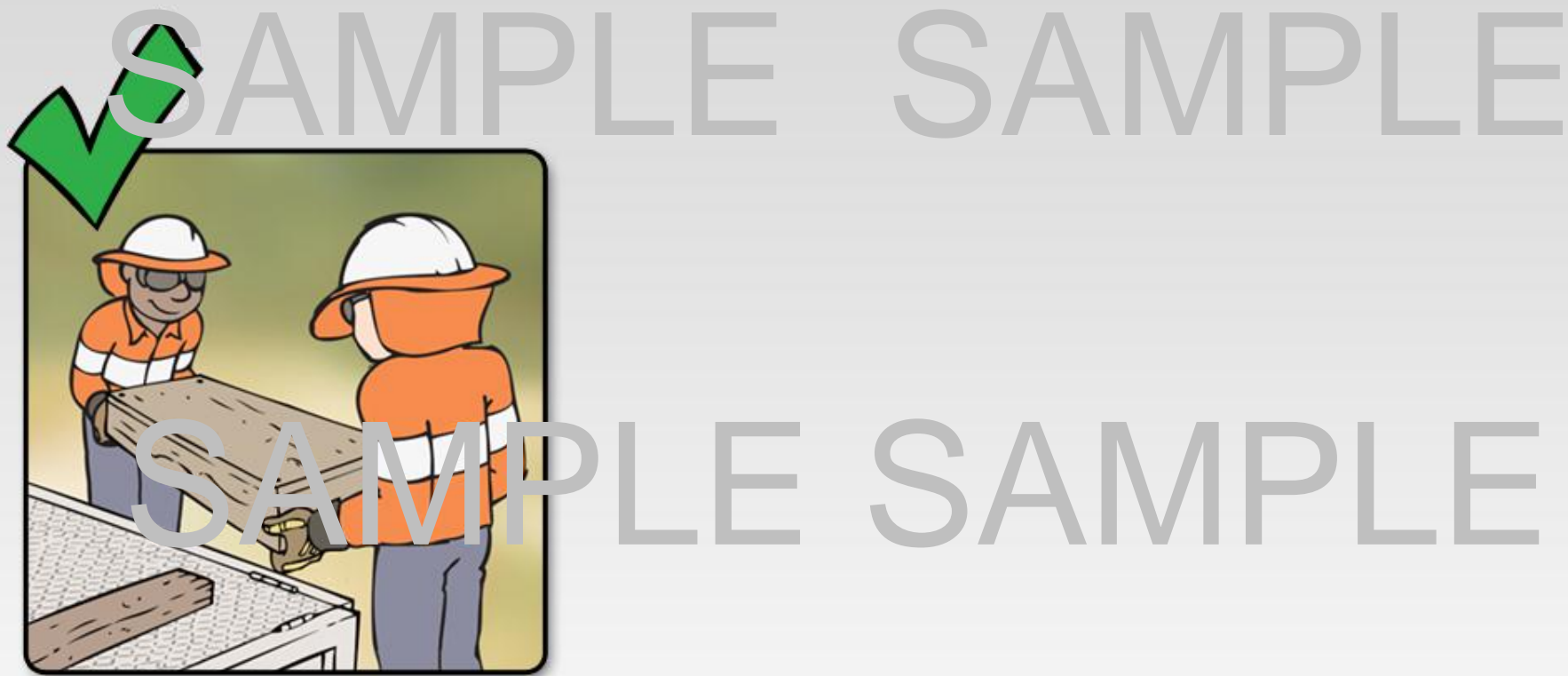
- Can you do it/ lift it safely by yourself?
- Do you need someone to help you?
- Will a lifting aid or other aid help?



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Plan any Lifting or Manual Handling Task:

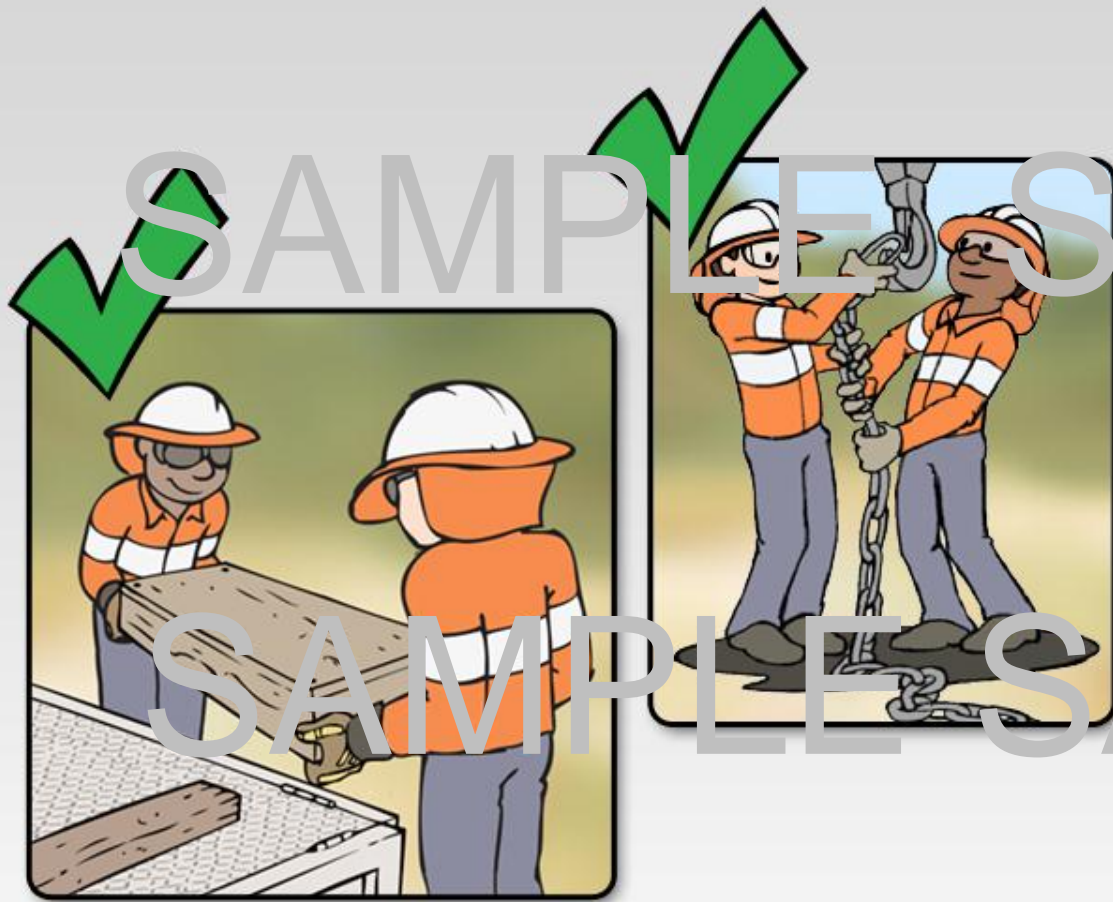
- Can you do it/ lift it safely by yourself?
- Do you need someone to help you?
- Will a lifting aid or other aid help?
- Is the pathway/ area clear and free of trip hazards



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Plan before you lift:

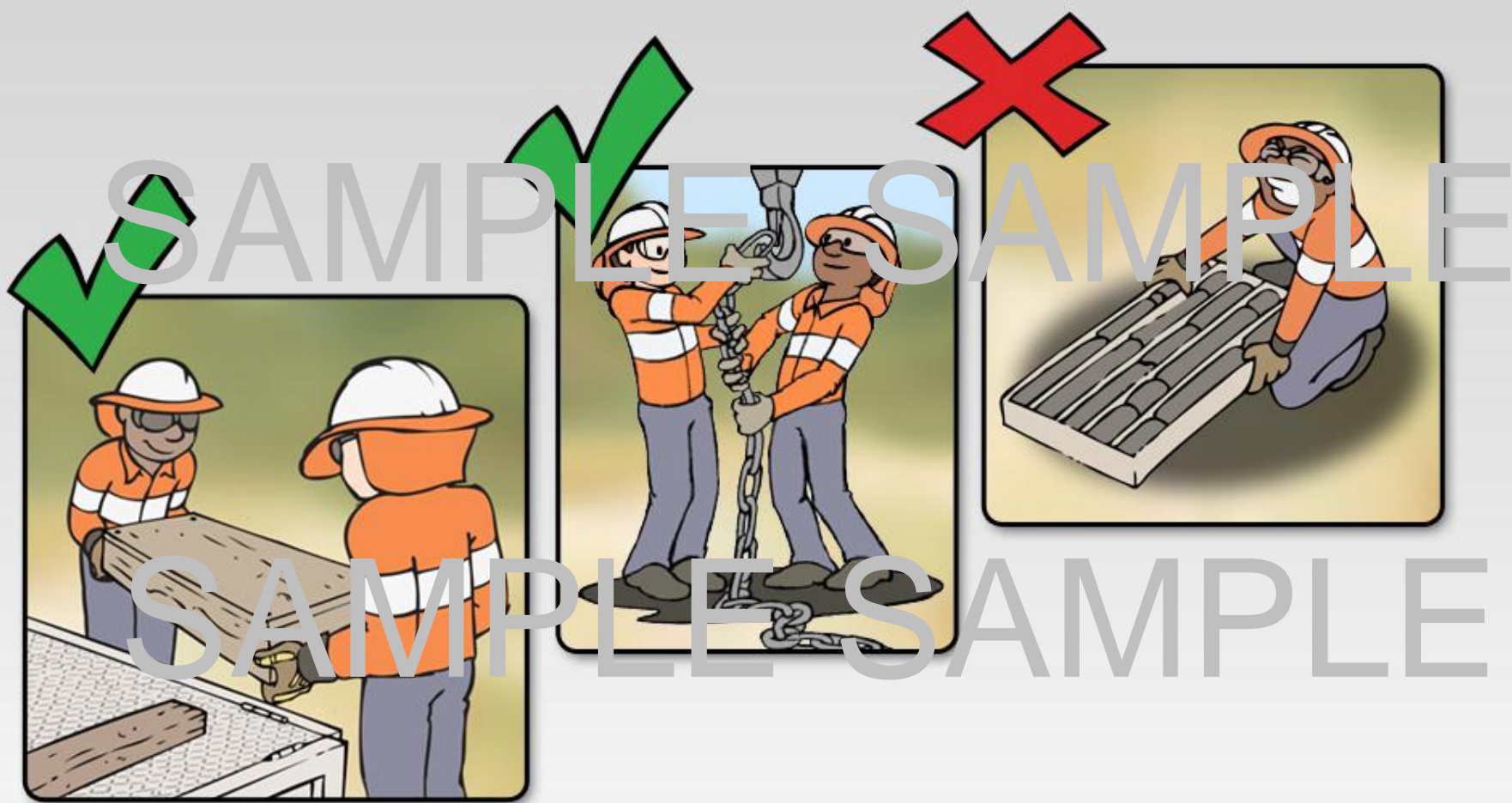
- Get help when you need it!



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Plan before you lift:

- Get help when you need it!



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Plan before you lift:

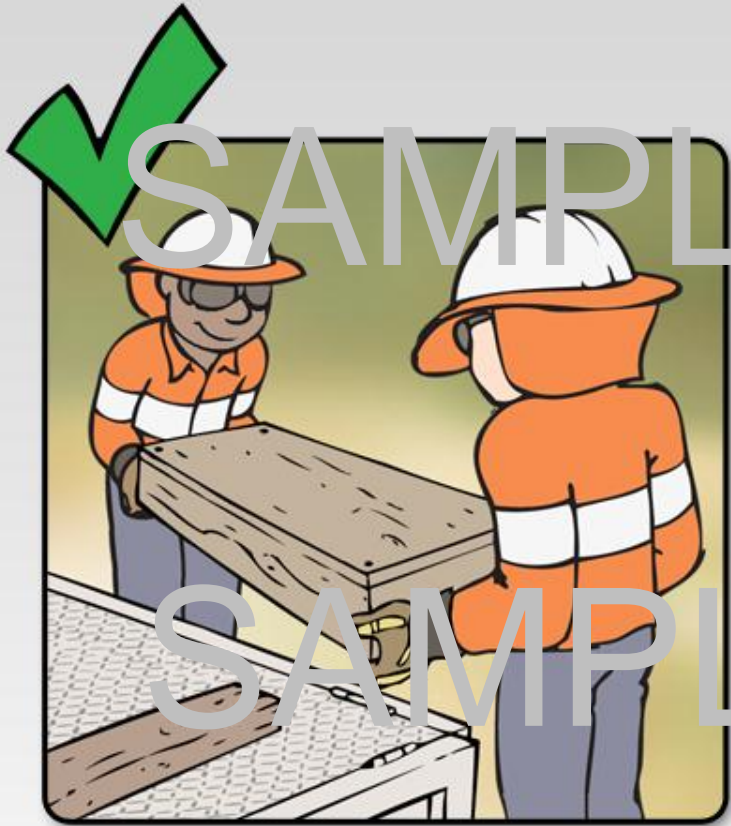
- Get help when you need it!



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Plan before you lift:

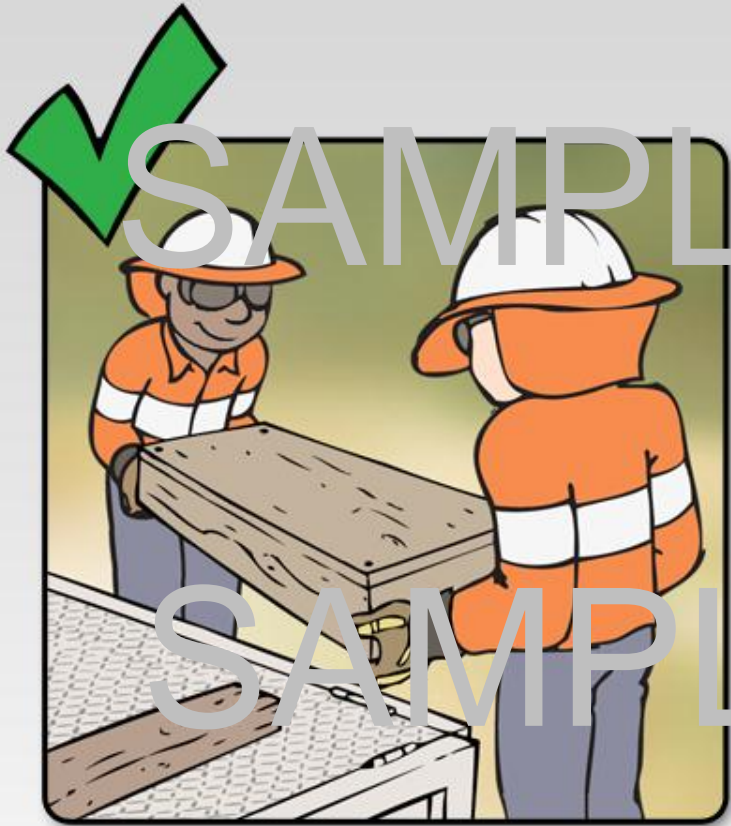
- Get help when you need it!



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Plan before you lift:

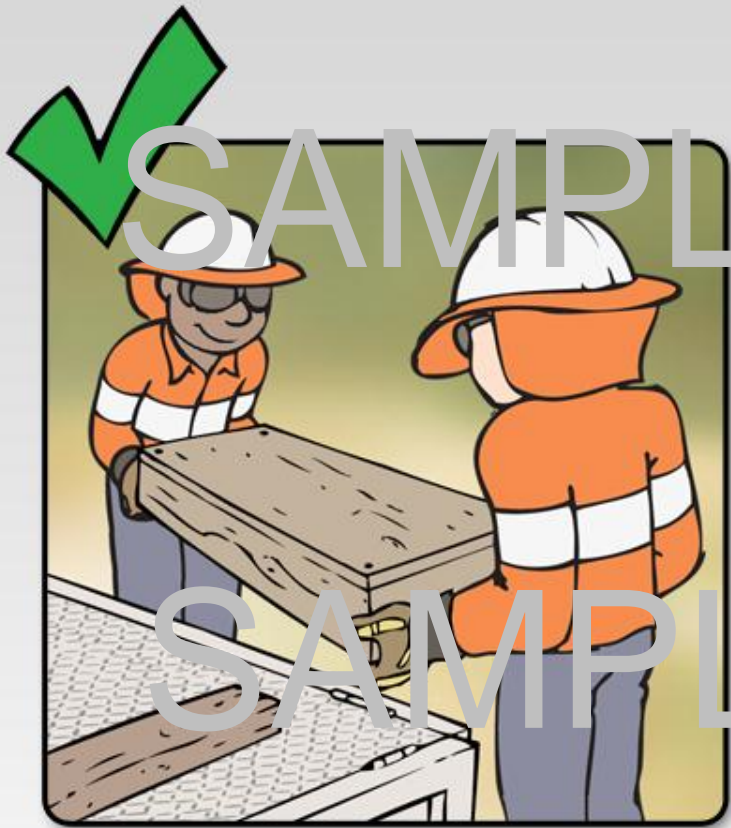
- Place dunnage ahead of lifting
- Set up the job to lift to a safe height, for example, by dropping the sides of this utility tray



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Plan before you lift:

- Place dunnage ahead of lifting
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Aaarrgghh!!! My back!!!