TOOLBOX SAFETY TALK – MANUAL HANDLING

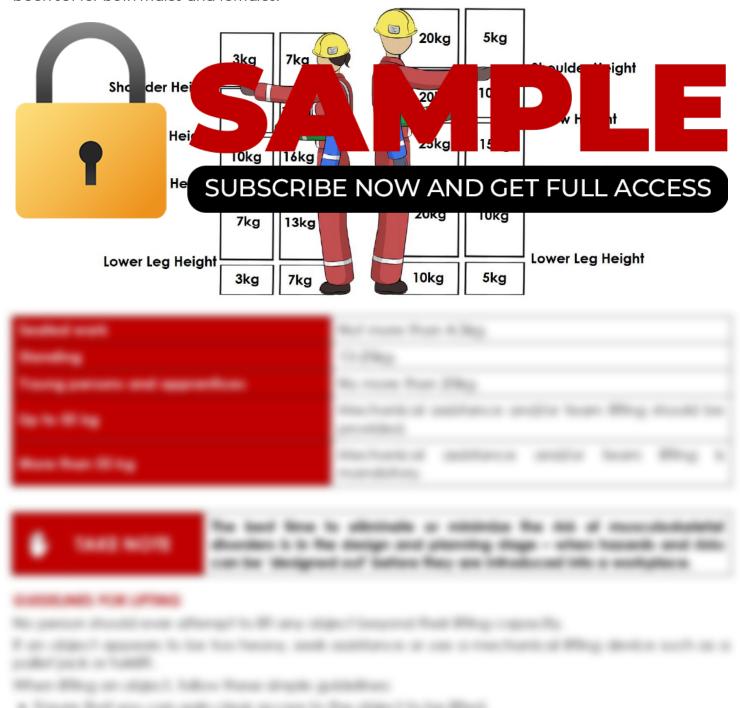


WHAT IS MANUAL HANDLING?

Manual handling can be described as the use of force exerted by a person to lift, lower, push, pull, carry or otherwise move, hold or restrain any animate or inanimate object.

HOW MUCH WEIGHT CAN I LIFT?

The Advisory Standards and Codes of Practice do not prescribe absolute weight limits for lifting, loading or carrying loads. That means the physical capabilities of each individual need to be considered, before attempting a manual handling task, however; the following **GUIDELINES** have been set for both males and females.

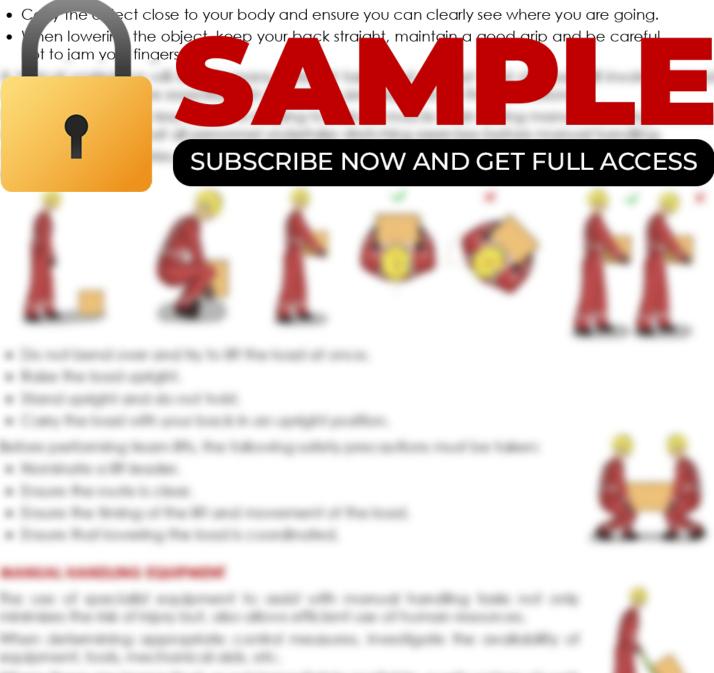


- Get a good stable footing.
- Place your feet about shoulder-width apart in a comfortably balanced position, close to the object to be lifted.

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- Bend at the knees and grasp the object.
- Maintain a straight back—your back should never be bent.
- Take a firm hold of the object using the palms of your hands, not just your fingers; use gloves if the object has sharp edges.
- Lift the object gradually by straightening your legs and letting your leg muscles, not your lower back, do the work.
- Do not twist your body; if you must turn, move your feet to re-position the object.



TRAINING

If performing a manual handling task that has been assessed as being a high risk, the worker must receive adequate information, instruction and training before commencing the manual handling task.

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