

TOOLBOX TALK #7

Manual Handling

NOTES

- Get a secure grip on the load
- Breathe in before lifting as this helps to support the spine.

Q: Describe how you would lift an object safely.

- Use a good lifting technique, keep your back straight and lift using your legs.
- Keep the load close to your body.
- Do not carry a load that obscures your vision
- Lift slowly and smoothly.

Q: What checks should you carry out before moving off with a load?

- Avoid jerky movements
- Avoid twisting your body when lifting or carrying a load
- When lifting to a height from the floor do it in two stages
- When two or more people lift a load, one person must take control to co-ordinate the lift.

Q: When two or more people are lifting a load what should happen?

Note to supervisor: Now inform your workforce of the company policy regarding manual handling

Do you have any questions for me?

Questions for you

Q: What should be your first consideration before manual handling?

Q: What should you do to help support your spine?

Q: Name two hazards when lifting and carrying

Remember: Bad manual handling techniques cause injuries

Sources [Manual handling at work: Good handling technique - HSE indg143](#)

For more information

Call: +44(0) 1206 396446

Email: sales@vitalgrp.co.uk
vitalgrp.co.uk