What you need to know about.....



MANUAL HANDLING

Manual Handling Regulations 1992

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ASSESSING & UNDERSTANDING

- Recognise potential hazards
- Understand unfamiliar handling operations
- Know how to use handling aids
- Use personal protective equipment
- Appreciate environmental factors contribute to safety
- Be a good housekeeper
- Realise your own capacity

CHECKS TO PERFORM

- O DANGERS- Are there any sharp corners, nails etc?
- O BALANCE Is the load stable enough to grip & lift?
- PLANNING Is your route clear with no obstructions?
- REST Are you able to have a rest if needed?
- DESTINATION Do you know where you are going to?
- PROTECTION Are you wearing appropriate PFE.?

Good Technique



PLAN

THOSe and PLATE



POSITION

Place the fact agent because the investigation in the control of the fact and are given by the fact and are given by and though the fact at the gray and took the factors are and the factors are also and the factors are and the factors are also and the factors a



LIFT

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MOVE

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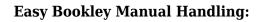
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Easy Bookley Manual Handling Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Easy Bookley Manual Handling**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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