



MANUAL HANDLING



**LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS**



ASSESS your task FIRST

Before you lift your load, plan the route. Clear any obstacles from your path and choose where obstacles will be in an unobstructed path.

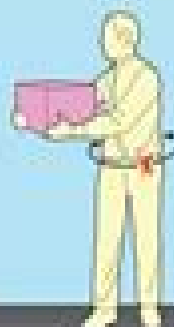
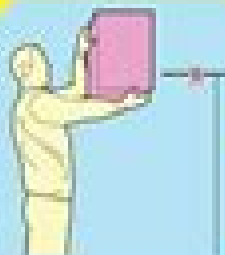


Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.

Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid carrying objects at these heights when possible.



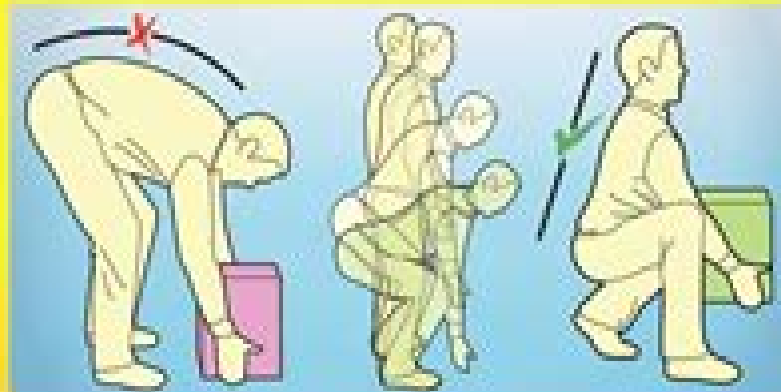
Don't BEND or TWIST while you are lifting or carrying

Excessive bending or twisting could throw you off balance or cause injury.



REDUCE the size of the load when possible

When possible reduce the size of the load or break it into smaller but more frequent trips, e.g. break a heavy box into smaller portions.



TIGHTEN your abs

Using your core abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

LIFT with your LEGS

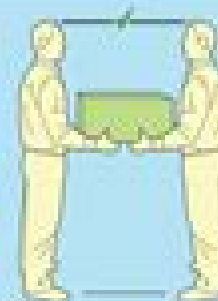
Bend at the knees & hips not your back. Your leg muscles are stronger than your back and can withstand greater force. This is known as the Sorey Squat technique (Fig 15).

Keep your back STRAIGHT

When you keep your back straight (neutral) your legs carry the majority of the weight making you less likely to injure your back.

Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: strapping, conveyor belts, trolleys, cranes or forklifts.



Two person lifts

When lifting with two or more people ASSESS the weight, size and strength of each person and ensure they are all capable of manual handling tasks.



KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is awkwardly large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.

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University Manual Handling Posters

Patrick Crowhurst



University Manual Handling Posters:

Crossing the Iron Curtain Longfei Xing, 2025-12-14 During the Cold War an invisible iron curtain divided the Western world from Maoist China What motives lay behind the facade of educational exchange This book explores the experiences of Western students in China from 1949 to 1976 revealing how education became a strategic tool of people's diplomacy Through an analysis of the PRC's educational policies tailored curricula and student memoirs it reconstructs the landscape of studying in Maoist China It reveals how China attempted to shape Western students' understanding of and attitudes toward China through an education that served proletarian politics blended social practices with productive labor and a management that differentiated between insiders and outsiders It also investigates how these strategies shaped Western students' perceptions and influenced their reflections on their experiences This study provides a fresh perspective on Sino-Western exchanges showing how state-driven diplomacy intertwined with personal unofficial interactions through education These connections enriched the state-centric narrative of Cold War diplomacy serving as reference for scholars of public diplomacy international relations and intercultural exchange **Bulletin of the University Summer Session** University of Florida, 1929

Bulletin of the Atomic Scientists, 1966-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin's iconic Doomsday Clock stimulates solutions for a safer world **Work and Identity** J. Kirk, C. Wall, 2010-11-17 This book presents an accessible and fascinating account of theoretical debates around identity and work recent empirical trends and methodological arguments concerning the role of oral testimony and its interpretation Focusing on three occupational sectors in particular teachers bank workers and the railway industry it also presents an argument that is both more general than this and theoretically and analytically wide-ranging The book explores some important questions how are workers both in the past and the present juncture socialised into work cultures What are the cultural and structural differences with regard to the world of work across class gender and generation What are the historical conditions of which these differences play a part How is the idea of work found in a range of representations from artistic production to sociological discourse expressed and explored The development of concepts such as structures of feeling and affect and the weaving in of historical and visual material make the book important to a wide range of readers including ethnographers cultural sociologists and narrative researchers In turn this book offers an authoritative and sophisticated summary and analysis of work and identity and is an important intervention into mainstream sociology concerns **Education and Training in Biomedical Science**

Sheri Scott, Beverley Cherie Millar, Stephen McClean, 2024-09-23 Globally biomedical science is a rapidly expanding discipline in relation to technological advances scientific research and healthcare delivery A degree in biomedical science offers the gateway to a diverse range of career pathways primarily in healthcare service delivery research and development in varied healthcare-related disciplines medical microbiology clinical chemistry haematology cell pathology and genetics as well as

careers encompassing environmental pharmaceutical nutrition and forensic sectors and other areas such as teaching communication and bioinformatics As such it is fundamentally important that education providers deliver educational and training programmes which embed and promote the development of essential skills required when seeking employment in such varied sectors so that graduates are workforce ready The British Journal of Biomedical Science Impact Factor of 4.6 and CiteScore of 5.8 is excited to present Education and Training in Biomedical Science a Special Issue showcasing the best practices in pedagogical approaches which have significantly impacted teaching workplace training and assessment ensuring graduates have the knowledge and skills required for employment within the biomedical science sector The Special Issue showcases the global diversity of innovative educator and practitioner led research and practice performed across the entire breadth of the biomedical science sector and present advances in theory methodology and application of embedding workforce skills and knowledge requirements into current education and development programs

Manual on Scientific Communication for Postgraduate Students and Young Researchers in Technical, Natural and Life Sciences

Luciano Saso, Oswald Van Cleemput, 2017-08-23 The Manual on Scientific Communication for Postgraduate Students and Young Researchers in Technical Natural and Life Sciences is meant to be a practical guide for the preparation of theses papers posters and other scientific documents Upon going through the different chapters the readers should be able to critically search for relevant literature to correctly define and execute a research topic or project to correctly write a scientific document to know the characteristics of the different parts of a MSc degree or PhD degree thesis and a scientific paper to correctly interpret publishing ethically sensitive material to understand problems about falsification fabrication of data plagiarism and ranking of authors and to prepare and present a good poster

India And The West: A Cultural Contrast Gurmukh Ram Madan, 2004 This Is A Comparative Study Of India And Chiefly The U S A And The U K Based On The Author S Observations The International Studio, 1921 *Executive's Manual for Personnel Handling* Prentice-Hall, Inc, 1966 **Hitler and Czechoslovakia in World War II** Patrick Crowhurst, 2013-10-24 The invasion of Czechoslovakia by Nazi Germany in March 1939 helped to precipitate Europe's descent into World War II six months later The move supposedly to protect the Sudeten Germans shocked many in Europe who saw it as a clear statement of intent by Hitler Here Patrick Crowhurst argues that occupation of the Sudetenland and the Czech lands was also crucial to the Nazi war machine The armaments factories and raw materials that Hitler seized accelerated Germany's capabilities Czech tanks would prove crucial in the Ardennes and as the Wehrmacht fought at Stalingrad Armaments Minister Albert Speer was corralling Czech industrial machinery to produce engines aircraft and equipment in support In addition new Slovakian and Czech primary material are used to give a new in depth account of the German reaction to the assassination of Reinhardt Heydrich on the streets of Prague in June 1942 The recriminations were brutal and dovetailed with Hitler's plans for the genocide of Czech Jewry This is a new side of the History of Nazi Europe and argues for the centrality of the Czech occupation in the overall narrative of

World War II

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