



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.

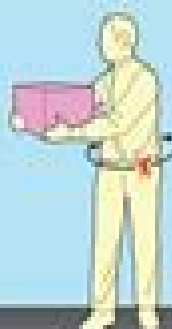


Position your feet apart

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

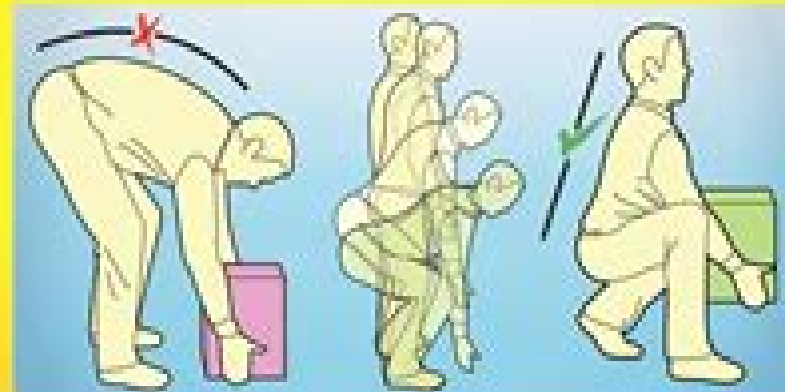
Avoid lifting overhead or from below knee height

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

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



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 (lower) your legs carry the majority of the weight making you less likely to injure your back.



HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height, similar for from your body.

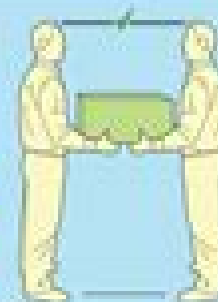
Use lifting aids

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.



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.



Two person lifts

When lifting with two or more people, ensure all lifters are aware of same size and strength for manual handling tasks.

LIMIT

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

Luciano Saso, Oswald Van Cleemput

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

University Manual Handling Posters:

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Bulletin of the University Summer Session University of Florida, 1929 *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 **The International Studio** ,1921

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