



PLANT & TOOL HIRE

Tool Box Talk

lift with care

Don't let your back become a statistic

Lift correctly every time



## Why give a tool box talk on Manual Handling?

Reason:

Almost 30% of all injuries at work stem from a situation that requires Manual Handling!

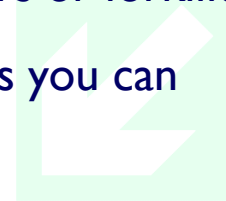
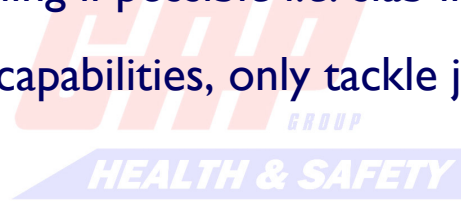
Why?

Get it wrong today and you'll suffer the consequences tomorrow!!!



## Considerations for Manual Handling

- Always use mechanical handling methods instead of manual handling if possible i.e. slab lifters or forklifts
- Know your capabilities, only tackle jobs you can handle
- Can you handle the load yourself, do you need assistance?
- Is there a clear walkway with good lighting to the work area?





## Q. What checks should you carry out before lifting?

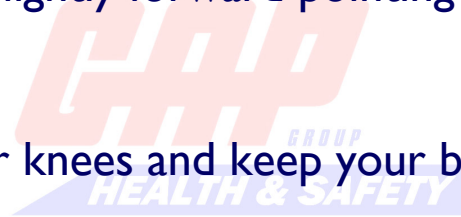
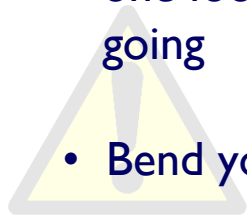
- Where possible, establish the weight of the load before lifting.
- Wear gloves to protect against cuts and punctures
- Wear safety boots or shoes to protect from falling loads
- Carry out a trial lift by rocking the load from side to side, then try lifting it a small amount to get a 'feel' for the weight





## Good Handling Technique

- Stand reasonably close to the load, feet hip-width apart, one foot slightly forward pointing in the direction you're going
- Bend your knees and keep your back straight
- Get a secure grip on the load
- Breathe in before lifting as this helps to support the spine.





## How you would lift an object safely?

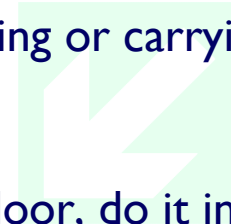
- Use good lifting technique, keep your back straight and lift using your legs
- Keep the load close to your body.
- Don't carry a load that obscures your vision.
- Lift slowly and smoothly





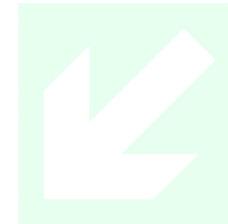
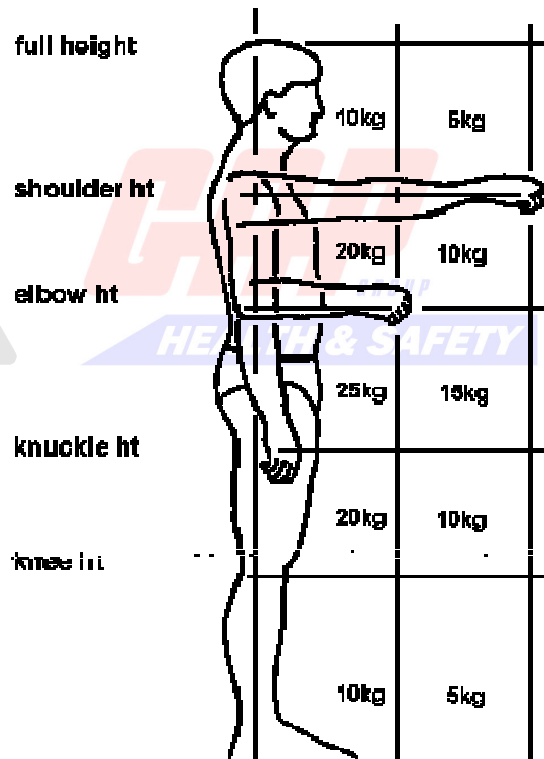
## How you would lift an object safely?

- Avoid jerking 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





## Typical loads





To summarise...



# MANUAL HANDLING



PLANT & TOOL HIRE

## STOP & THINK

Plan the lift. Where are you putting down? What you are lifting? Do you need assistance? If handling aids are available, use them! Ensure your intended route is clear.

## POSITION FEET

Keep your feet apart with your leading foot pointing in the direction of intended travel. This gives you a balanced and stable base for lifting.

## ADOPT GOOD POSTURE

Bend your knees, not your back. Bring the load close to your body, keep shoulders level and facing in the same direction as your hips, avoid twisting.

## GET A FIRM GRIP

This enables you to be in control of the load that you are handling. Wear gloves where applicable.

## COMMENCE THE LIFT

Lift smoothly raising your chin as you begin the lift, keep control of the load, let your legs take the weight.

## PUTTING DOWN THE LOAD

If precise positioning of the load is necessary, put it down first, then slide it into the desired position.