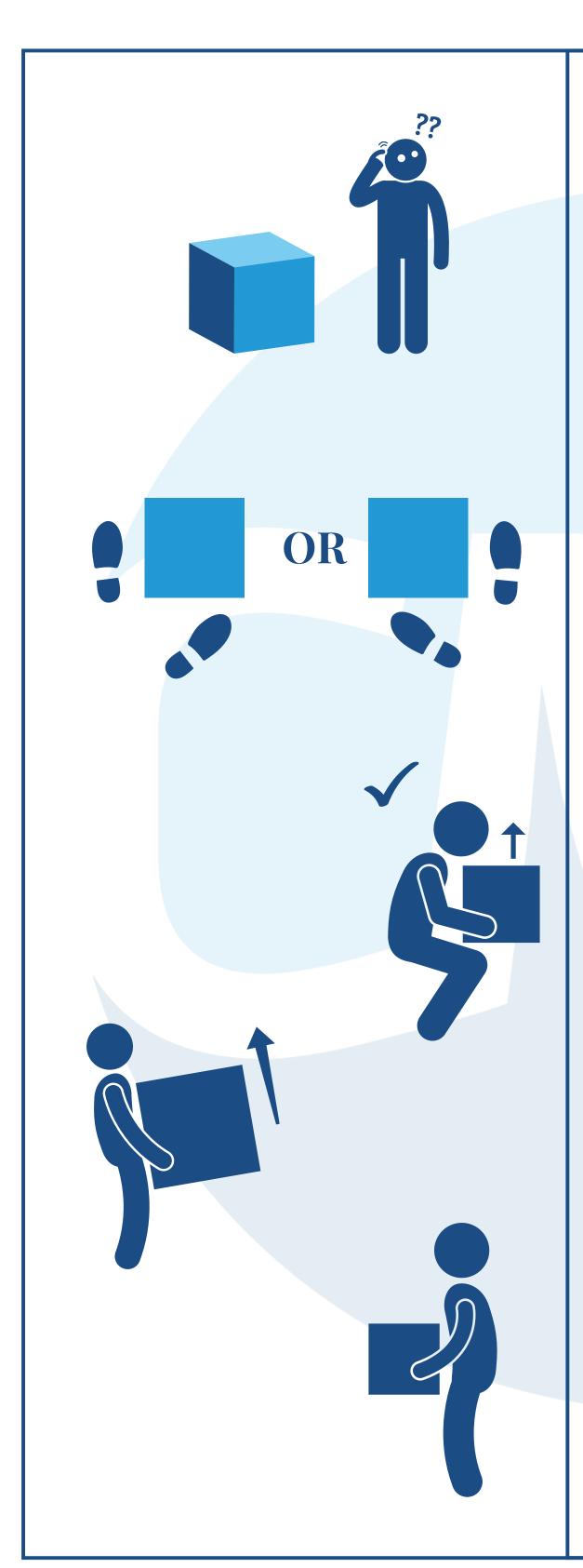
# MANUAL HANDLING PROCEDURES

Contact CMSolutions for further information on 07 3852 5177 or Email info@cmsolutions.org.au



## Factors to consider when moving object:

#### **PLAN**

Is it within your capacity to move it?
How are you going to move it?
Is the pathway clear?
Plan the move

#### **PREPARE**

Wear the proper protective clothing
Keep your work area tidy
Get assistance if you need it
Use mechanical aids when required

### **POSITION CORRECTLY**

Feet should be a hip width apart
One foot behind the load and the other beside
the load

Get as close to the load as possible

#### **ACTION**

Ensure a firm grip of the load

Maintain a straight back
Use your legs for power
Do not twist but reposition your feet to change direction
Control the lowering of the load
Keep for for work