

Smart Lifting Techniques

Size up the load.

- Assess the load (size, shape and weight).
- Assess whether the load needs to be moved.
- Where is it going to be placed? Check that there are no obstructions.
- Assess whether mechanical or human assistance is required.

Move the load as close to your body as possible.

- A load is heavier to lift or carry if it is not close to the body.
- The whole hand should be used to ensure a firm grip.

Always bend your knees.

- Maintain balance.
- Keep feet apart and in a comfortable position.
- Minimize lower back bending.
- Bend knees preferable at as large an angle as possible but not at a right angle use a semi-squat in preference to a full squat.

Raise the load with your legs.

- Achieve the lift smoothly and without jerkiness.
- Maintain the normal curvature of the spine to allow the force of the load to be distributed evenly from the spine to the pelvis.

Turn your feet in the direction you want to move the load.

- Avoid unnecessary bending, twisting and reaching.
- Change direction by turning your feet and not your back.
- To set the load down, squat down, keep your head up and let your legs do the work.

Lastly, remember to:

THINK TALL

chest lifted, shoulders relaxed, chin tucked in and head level.



Smart Acronym Manual Handling

Victoria Clarke, Andrew Walsh



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Table of Contents Smart Acronym Manual Handling

1. Understanding the eBook Smart Acronym Manual Handling
 - The Rise of Digital Reading Smart Acronym Manual Handling
 - Advantages of eBooks Over Traditional Books
2. Identifying Smart Acronym Manual Handling
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Smart Acronym Manual Handling
 - User-Friendly Interface
4. Exploring eBook Recommendations from Smart Acronym Manual Handling
 - Personalized Recommendations
 - Smart Acronym Manual Handling User Reviews and Ratings
 - Smart Acronym Manual Handling and Bestseller Lists
5. Accessing Smart Acronym Manual Handling Free and Paid eBooks
 - Smart Acronym Manual Handling Public Domain eBooks
 - Smart Acronym Manual Handling eBook Subscription Services
 - Smart Acronym Manual Handling Budget-Friendly Options
6. Navigating Smart Acronym Manual Handling eBook Formats

- ePub, PDF, MOBI, and More
- Smart Acronym Manual Handling Compatibility with Devices
- Smart Acronym Manual Handling Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Smart Acronym Manual Handling
 - Highlighting and Note-Taking Smart Acronym Manual Handling
 - Interactive Elements Smart Acronym Manual Handling
- 8. Staying Engaged with Smart Acronym Manual Handling
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Smart Acronym Manual Handling
- 9. Balancing eBooks and Physical Books Smart Acronym Manual Handling
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Smart Acronym Manual Handling
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Smart Acronym Manual Handling
 - Setting Reading Goals Smart Acronym Manual Handling
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Smart Acronym Manual Handling
 - Fact-Checking eBook Content of Smart Acronym Manual Handling
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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