



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 know where obstacles will be in an unclear path.



Position your feet apart

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



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 Sorel Squat Technique (Squat Lift).

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.

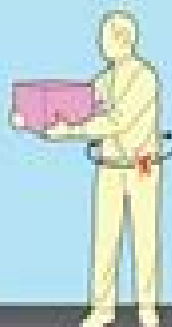


HOLD the object at waist level and close to the body

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

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.

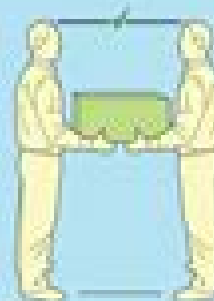


REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, e.g. stretch a heavy load into smaller sections.

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, ALWAYS ensure people 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 extremely 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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Safety in Manual Materials Handling, 1978 The problem of injuries from manual materials handling in industry has shown little improvement over many years the injuries account for 20% to 30% of all injuries in many countries During 1974 a NIOSH committee produced a report CDC 99 74 118 Herrin Chaffin and Mach outlining future research needs in this area These research needs were only able to be prioritized in a relatively simple manner at the time Following this report the need was felt for a mechanism to obtain national and international input to help shape NIOSH research policy in the field of Manual Materials Handling Safety The mechanism chosen to obtain this input was an International Symposium Safety in Manual Materials Handling which was held at the State University of New York at Buffalo in July 1976 The objectives of the symposium and of this book reporting its findings were two fold to present a logical and consistent framework for summarizing current knowledge in the field to utilize the expertise of the international community to prioritize future research by NIOSH within the context of research proceeding in other countries These objectives were accomplished by inviting respected members of the research and safety communities to review parts of the field thus presenting current knowledge in a coherent manner Twenty four papers were presented These began with an overview of the needs of NIOSH proceeded through a review of the sub systems of the body stressed in these tasks continued with numerical models of human performance and safety reviewed the factors that can affect performance and ended with problems of implementation of research In addition to the speakers other prominent figures in the field were invited to chair sessions and lead workshops A number of industries also sent representatives The research areas above are presented as chapters in this book with a final chapter summarizing the results of three goal oriented workshops that took place on the final day of the symposium The findings of these workshops are summarized in the final recommendations It is recommended that any future safety standard must include as a minimum the weight size and position of the load handled and its frequency of handling as well as indicate which loads need preplacement testing of workers Future research needs are for improved diagnosis reporting and job description procedures new epidemiological studies to determine the effect of particular factors and studies to enable the effectiveness of any proposed standard to be estimated *Bulletin of the University Summer*

Session University of Florida, 1929 **Education and Training in Biomedical Science** Sheri Scott, Beverly 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 **Executive's Manual for Personnel Handling** Prentice-Hall, Inc, 1966 **Pesticide Applicator Training Materials**, 1991 *The Biology of Horticulture* John E. Preece, Paul E. Read, 2005-01-13 This comprehensive book provides a thorough scientific foundation on the growth and care of plants common to all horticultural commodities Continuing in the tradition of the first edition it incorporates the principles behind the techniques described in other how to horticulture texts By providing readers with a thorough grounding in the science of horticulture it successfully prepares them for more specialized studies in nursery management floriculture landscaping vegetable and fruit science *Bibliographies and Literature of Agriculture*, 1978 *Cornell University Resource Guide for Agricultural Education* Cornell Educational Resources Program, 1998 **Quarterly Bulletin** Brooklyn Public Library, 1908 **Manual Training Magazine**, 1911 **Proceedings of the Ergonomics Society's Conference** Ergonomics Society (Great Britain). Conference, 1983 **Distributive Education Instructional Materials** Ohio State University. Center for Vocational and Technical Education, 1972 Bulletin of the Brooklyn Public Library Brooklyn Public Library, 1908 Manual Training Magazine Charles Alpheus Bennett, William Thomas Bawden, 1911 *Nursing Times*, 1986 **Hearing on Campus Crime and H.R. 2416, to Amend the Higher Education Act of 1965 to Require Open Campus Security Crime Logs at Institutions of Higher Learning** United States. Congress. House. Committee on Economic and Educational Opportunities. Subcommittee on Postsecondary Education, Training, and Life-long Learning, 1996

This Congressional hearing report covers testimony given to the Subcommittee on Postsecondary Education Training and Life Long Learning relating to the issue of crime on college campuses Specifically the testimony addressed a proposed bill before the House of Representatives the Open Campus Police Logs Act which would amend the Higher Education Act of 1965 Testimony also addressed the effectiveness of the existing Crime Awareness and Campus Security Act of 1990 which was included as part of the Student Right to Know Campus Security Act enacted to provide reliable information to parents and students about criminal activity on college campuses Transcripts are provided of the testimony of witnesses concerning the effectiveness of the existing law how the law is being administered by the Department of Education whether schools and the Department have been abiding by both the spirit and requirements of the law what suggestions witnesses have for further changes to the law and views of proposed Open Campus Police Logs Act Transcripts are included of statements offered by five concerned private individuals two school administrators and David Longanecker Assistant Secretary for Postsecondary Education In addition to the oral testimony prepared statements letters and supplementary materials are included in the report CH Quarterly Bulletin of the Brooklyn Public Library ,1908 **Year Book and Announcements** Northern Michigan University,1926 Using the Biological Literature Diane Schmidt,2014-04-14 The biological sciences cover a broad array of literature types from younger fields like molecular biology with its reliance on recent journal articles genomic databases and protocol manuals to classic fields such as taxonomy with its scattered literature found in monographs and journals from the past three centuries Using the Biological Litera

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