



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ASSESS your task FIRST

BEFORE you lift your object plan the route. Clear any obstacles from your path and note where obstacles will be in an unclear path.

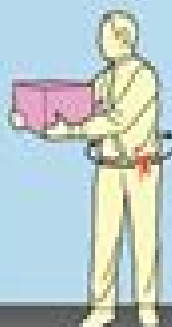
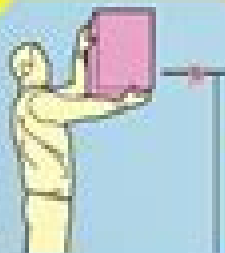


Position your feet apart

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

AVOID lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid storing objects at these heights when possible.



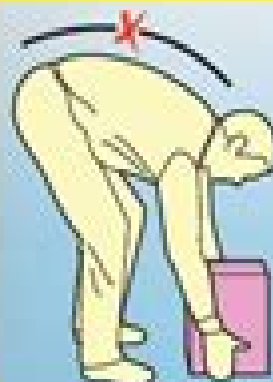
Don't BEND or TWIST while you are lifting or carrying

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



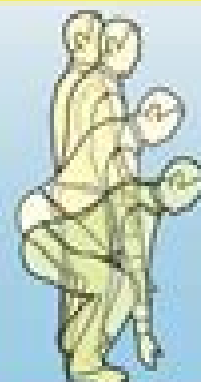
REDUCE the size of the load when possible

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



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 Squat Technique (Frog 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.

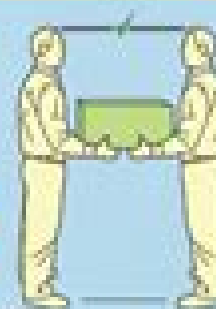


HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height, so be far 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 wheelbarrows, conveyor belts, trolleys, cranes or forklifts.



Two person lifts

When lifting with two or more people ALWAYS ensure boxes 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 wait and ask for assistance than to try and lift something that could potentially cause injury.

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web types of social stories the following are the different types of social stories that can be used to accomplish grooming and self care skills e g how to wash hands brush teeth or get dressed social skills e g asking for help expected classroom behaviors hitting or joining a group and academic skills

social stories pushing and hitting teaching resources tpt - Oct 01 2022

web no hitting or pushing using my hands social story includes a simple social story to teach students about not hitting others or not pushing others the story is designed to be compiled as a book with the story pages of 8 5 x 11 inch size the story is

social stories wikipedia - Jun 28 2022

web social stories were devised as a tool to help individuals with asd autistic spectrum disorder better understand the nuances of interpersonal communication so that they could interact in an effective and appropriate manner although the prescribed format was meant for high functioning people with basic communication skills the format was adapted