



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 Sore Shout 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.

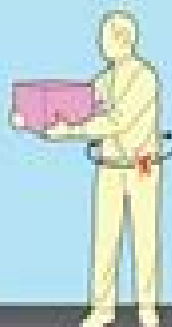


HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and 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.

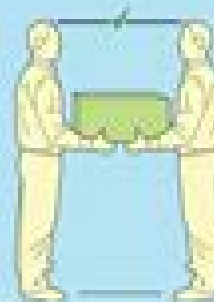


Don't BEND or TWIST while you are lifting or carrying

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

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.



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. throw a heavy box into smaller boxes.



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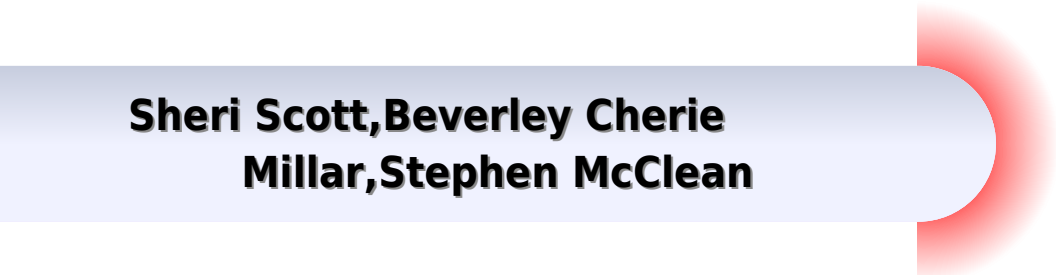
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**Sheri Scott, Beverley Cherie
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Crossing the Iron Curtain Longfei Xing, 2025-12-14 During the Cold War an invisible iron curtain divided the Western world from Maoist China What motives lay behind the failure of educational exchange This book explores the experiences of Western students in China from 1949 to 1976 revealing how education became a strategic tool of people's diplomacy Through an analysis of the PRC's educational policies tailored curricula and student memoirs it reconstructs the landscape of studying in Maoist China It reveals how China attempted to shape Western students' understanding of and attitudes toward China through an education that served proletarian politics blended social practices with productive labor and a management that differentiated between insiders and outsiders It also investigates how these strategies shaped Western students' perceptions and influenced their reflections on their experiences This study provides a fresh perspective on Sino-Western exchanges showing how state-driven diplomacy intertwined with personal unofficial interactions through education These connections enriched the state-centric narrative of Cold War diplomacy serving as reference for scholars of public diplomacy international relations and intercultural exchange

Bulletin of the University Summer Session University of Florida, 1929

Bulletin of the Atomic Scientists, 1966-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin's iconic Doomsday Clock stimulates solutions for a safer world

Work and Identity J. Kirk, C. Wall, 2010-11-17 This book presents an accessible and fascinating account of theoretical debates around identity and work recent empirical trends and methodological arguments concerning the role of oral testimony and its interpretation Focusing on three occupational sectors in particular teachers bank workers and the railway industry it also presents an argument that is both more general than this and theoretically and analytically wide-ranging The book explores some important questions how are workers both in the past and the present juncture socialised into work cultures What are the cultural and structural differences with regard to the world of work across class gender and generation What are the historical conditions of which these differences play a part How is the idea of work found in a range of representations from artistic production to sociological discourse expressed and explored The development of concepts such as structures of feeling and affect and the weaving in of historical and visual material make the book important to a wide range of readers including ethnographers cultural sociologists and narrative researchers In turn this book offers an authoritative and sophisticated summary and analysis of work and identity and is an important intervention into mainstream sociology concerns

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

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India And The West: A Cultural Contrast Gurmukh Ram Madan,2004 This Is A Comparative Study Of India And Chiefly The U S A And The U K Based On The Author S Observations

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addresses the gap between print and digital scholarly approaches by combining both praxis and theory in a case study of a new international collaborative digital project the Modernist Archives Publishing Project MAPP MAPP is an international collaborative digital project funded by the Social Sciences and Humanities Research Council of Canada that uses digital tools to showcase archival traces of twentieth century publishing The twenty first century has witnessed and is living through some of the most dynamic changes ever experienced in the publishing industry arguably altering our very understanding of what it means to read a book This book brings to both general readers and scholarly researchers a new way of accessing and thereby assessing the historical meanings of change within the twentieth century publication industry by building a resource which organises interacts with and uses historical information about book culture to narrate the continuities and discontinuities in reading and publishing over the last century **Bibliography of Agriculture with Subject Index** ,1995

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