



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.

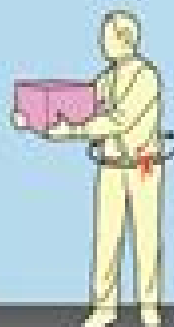
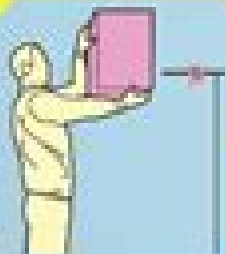


Position your feet apart

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.



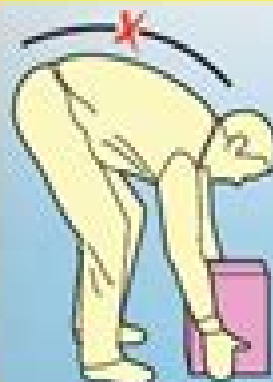
Don't BEND or TWIST while you are lifting or carrying

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



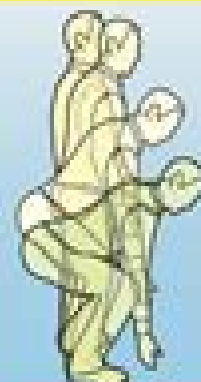
REDUCE the size of the load when possible

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.

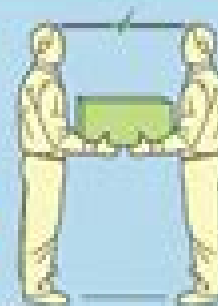


HOLD the object at waist level and close to the body

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 unless 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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Handbook of Standards and Guidelines in Ergonomics and Human Factors Waldemar Karwowski, 2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standard

OHS Electronic Management Systems for Construction Imriyas Kamardeen, 2013-01-25 Occupational accidents have a massive personal and social cost as well as a major financial cost The construction industry is one of the most dangerous industries accounting for around 20 30% of all occupational deaths worldwide The accompanying financial cost is either absorbed directly or passed on in the form of higher insurance costs In addition regulatory bodies have started to impose legal accountability on all the parties along the construction supply chain OHS is hard to implement Construction projects are complex with a fluid workforce and the regulatory framework is highly elaborate OHS Electronic Management Systems for Construction presents a theoretical framework which is designed to overcome these difficulties integrating OHS management in construction using knowledge management and web technologies This framework is explained in a clear step by step way as are features such as a systematically developed corporate safety memory and a virtual learning portal to facilitate on demand safety training The ultimate aim of this book is to aid the development of an established safety culture at the organisational level and the formation of an industry wide community of safety practice This is essential reading for OHS professionals and construction managers attempting to change their industry for the better as well as advanced students and researchers

The Experienced Carer: Frontline Leaders in Australia's Aged Care Workplaces Helen Croft, 2012-08-15 The Experienced Carer Frontline Leaders in Australia's Aged Care Workplaces was written to accompany the Australian Carer 2e and Caring in the Community This resource covers all of the compulsory competencies plus the most popular electives from the Certificate IV in Aged Care

Kodak's Ergonomic Design for People at Work The Eastman Kodak Company, 2003-10-10 Written for those who are on the job but not necessarily professionally trained ergonomists the principles and approaches detailed in this highly regarded guide have all been implemented in real world workplace environments and proven successful in reducing the potential for occupational injury increasing the number of people who can perform a job and improving employee performance on the job More than 150 clear and informative illustrations and tables help convey data and information in eight sections Ergonomics design philosophy Human reliability and information transfer Evaluation of job demands Work design Workplace design Manual handling in occupational tasks Equipment design Environment

Rural Safety: Machinery, Stock and General Hazards I. Brown, 2012-12-02 This text explains how to minimise risks and cope with problems with the help of many clear illustrations This book is useful for students of agriculture as well as managers of rural businesses

Planning Occupational Health and Safety Gabrielle Grammeno, 2009 Planning Occupational Health Safety

is a convenient handbook for OHS practitioners line managers students and anyone who needs an overview of the legal and managerial aspects of managing OHS risks in organisations Publisher description *Developing Healthcare Skills through Simulation* Matthew Aldridge, Stephen Wanless, 2012-03-22 This book provides an essential resource for educators of clinical skills who want to utilise simulation based education to provide optimal learning opportunities for their students Andrew Bland University of Huddersfield In this book a team of experienced authors have put together a much needed text that takes an evidence based practical approach to skills development Lauren Mawson University of Cumbria A really exciting new text Sarah Burden Leeds Metropolitan University Practice educators and mentors are now expected to have the skills and techniques needed to implement a learning skills through simulation programme into established curricula yet using simulation to teach while of huge importance requires careful and time consuming planning This valuable resource takes away some of that burden by providing clear ready made activities and guidance from leading practitioners in a range of fields which healthcare and practice educators and mentors can use to enhance their teaching of all the essential and commonly taught clinical and management skills and knowledge Dedicated chapters which all follow a defined step by step format provide simulation scenarios alongside facilitator guidance which will help develop confidence in the teaching of key skills such as Drug administration Conflict management Infection control Breaking bad news Catheter and bowel care These scenarios and accompanying guidance can be used as a framework for teaching promoting a greater understanding of the skill being taught and providing a risk free opportunity for the student to practice their clinical and managerial skills and judgement Translation and Neoliberalism Ali Jalalian Daghigh, Mark Shuttleworth, 2024-10-25 This book explores the intersections of neoliberalism translation and interpreting a scarcely explored topic in the field of translation studies across diverse regions including Europe North America Asia and Australia covering four primary themes that offer unique perspectives on how neoliberal ideologies influence translation and interpreting The first theme uses data triangulation to delve into the influence of market driven ideologies on translation and interpreting curriculum globally as well as the neoliberal tendencies of the trainees in China and Korea The second theme investigates the effects of top down neoliberal policies on translation services and practices in Australia Canada and the UAE examining how these policies influence service quality working conditions and the balance between market demands and academic requirements The third theme assesses the influence of technology and neoliberalism on the translation and interpreting labor market providing a critical analysis of the automation of translation workflows the rise of non standard employment arrangements and the socio economic challenges faced by translation professionals The final theme analyzes the intersection of neoliberalism and translation at the discourse level employing various approaches including critical discourse analysis and content analysis to explore how neoliberal values manifest in translated texts and practices in China Iran and USA This book is an essential resource for academics postgraduate students researchers policymakers educators and practitioners interested in the

dynamic interplay between neoliberalism and translation offering new insights and critical perspectives that contribute to a deeper understanding of the socio economic forces shaping the field of translation and interpreting Pleasure and Efficacy Grace Elisabeth Lavery, 2023-05-30 Finalist for the National Book Critics Circle Award in Criticism A leading trans scholar and activist explores cultural representations of gender transition in the modern period In Pleasure and Efficacy Grace Lavery investigates gender transition as it has been experienced and represented in the modern period Considering examples that range from the novels of George Eliot to the psychoanalytic practice of Sigmund Freud to marriage manuals by Marie Stopes Lavery explores the skepticism found in such works about whether it is truly possible to change one's sex This ambivalence she argues has contributed to both antitrans oppression and the civil rights claims with which trans people have confronted it Lavery examines what she terms trans pragmatism the ways that trans people resist medicalization and pathologization to achieve pleasure and freedom Trans pragmatism she writes affirms that transition works that it is possible and that it happens With Eliot and Freud as the guiding geniuses of the book Lavery covers a vast range of modern culture poetry prose criticism philosophy fiction cinema pop music pornography and memes Since transition takes people out of one genre and deposits them in another she suggests it should be no surprise that a cultural history of gender transition will also provide by accident a history of genre transition Considering the concept of technique and its associations with feminine craftiness as opposed to masculine freedom Lavery argues that techniques of giving and receiving pleasure are essential to the possibility of trans feminist thriving even as they are suppressed by patriarchal and antitrans feminist philosophies Contesting claims for the impossibility of transition she offers a counterhistory of tricks and techniques passed on by women to women that comprises a body of knowledge written in the margins of history **Exercise Management** Laurel T. Mackinnon, 2003 A complete guide to developing strategies for physical activity programs that meet the needs of every client from healthy athletes to people with physical pathological social or psychological limitations Exercise Management Concepts and Professional Practice provides an interdisciplinary approach to developing prescribing and delivering high quality physical activity programs Explore how to individualise programs to encourage more people to participate in regular physical activity and enjoy the many health benefits This useful reference is designed for both students and practitioners involved in developing and managing physical activity exercise and health related fitness programs Learn how to do the following Overcome the challenges of encouraging people to become and remain active Develop programs consistent with each person's goals and capabilities Promote and maintain successful physical activity programming in diverse settings and situations Develop the professional skills needed to manage exercise facilities and employees This user friendly text includes case studies that clearly illustrate key concepts and terms in practical application scenarios based on real life experiences Plus glossaries at the end of each chapter and at the back of the book keep key terms within easy reach and make referencing during study or lecture quick and easy The study questions and real life activities included are great tools for independent

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Workplace Issues ,2000 *Health Services Assistance* Kathryn Austin,Geoff Arnott,2017-11-24 Achieve high standards in patient focused care Health Services Assistance provides complete coverage of core and elective units for assisting in nursing work in acute care Exercises throughout the text provide students with the means to self assess and extend their skills and knowledge Foundation skills are developed early underpinning understanding of the specialist acute care chapters that follow Students are encouraged to reflect and contextualise their learning and to practise techniques in small groups Activities break up the material so information is easier to retain Self check extension activities and discussion questions can be incorporated into an institution s assessment strategy Health Services Assistance is structured by competency for HLT33115 Certificate III in Health Services Assistance supporting nursing in acute care and is packed with specific cases and examples as well as including additional content on palliative care and mental health Each chapter addresses a competency with a volume of learning that underpins the assessment requirements The book is structured so that elements and criteria are communicated by the section headings Teach following the qualification structure using the print book eBook or LMS integration

Allied Health Professionals and the Law Rosemary Kennedy,2008 News this book has been included as one of the texts for the National Psychology Examination Curriculum Domains 1 Ethics and 4 Communication developed by the Psychology Board of AustraliaThis book targets a wide range of allied health professions The list while not exhaustive embraces occupational therapy podiatry Chinese medicine complementary medicine nuclear medicine speech pathology radiography physiotherapy psychology osteopathy chiropractic care and optometry The authors explain the legal context in which these professions function the various forms of legal regulation which apply to them their legal liabilities and legal imperatives which bear upon their practice Also included is commentary on the limits and ambiguities of law in relation to allied health activity the interaction between law and professional ethics and some significant legal challenges in normal professional life Allied Health Professionals and the Law expands the legal knowledge of allied health readers whether they are practitioners seeking to understand the legal aspects of their work or researchers engaged in analysis of professional matters which have legal dimensions and implications

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Texas Workers' Compensation Manual ,2005 The 2005 Texas Workers Compensation Manual includes The Law as written and or modified by the Legislature The rules promulgated by the Commission for enforcement of the Law Our editors notes which explain the statute and rules in everyday language and organizes the statute and rules in a more logical manner The

manual is not in loose leaf form but rather a bound book so that you never need worry if updates are filed and in the correct place Court case summaries which identify and highlight significant Supreme Court decisions and Appellate Court decisions concerning workers compensation law Appeal Panel decisions which are the actual rulings on claims before the commission and which help guide your handling of similar cases Appendix many helpful tables and charts and a unique time saving subject index for cross referencing statutes and rules This Edition may well be one of our most important since the groundbreaking 1990 Edition It likely will become essential and a useful tool for years in order to access the provisions and amendments to the law as we now understand it from 1990 2004 as it will take years to work through the current law As you know any case is governed by the law in effect at the date of the accident from the Editor s Page 2005 Texas Workers Compensation Manual Annual Report - Director-General, Mines and Energy South Australia. Department of Mines and Energy,1996 **Treasury and Post Office Departments Appropriations, 1953, Hearings Before the Subcommittee of ... , 82-2 on H.R. 6854** United States. Congress. Senate. Appropriations Committee,1952

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