

# 10 tips FOR SAFER HANDLING

*Manual handling includes lifting, pushing, pulling, carrying, supporting and putting down a load.*

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**1** Stop and think before handling a load. Can you do it safely? If not then get help or use equipment.

**2** Check your environment and route. Do you need to move furniture or equipment to create space?

**3** Have your feet apart with a stable base. Wear suitable footwear.

**4** Before lifting the load, bring it close to your waist with the heaviest side of the load close to you.

**5** Keep your back in a good posture. Do not handle loads with your back in a bent or twisted position.

**6** Get a good grip on the load to prevent it slipping and keep your arms tucked in.



**7** Bend your knees and use your leg muscles to power the lift.

**8** Use weight transference when pushing and pulling loads.

**9** Turn with your feet when moving with the load. Move smoothly with your head up.

**10** When handling loads as a team ensure one person is in charge. Plan the task. Agree a command and ensure everyone moves together.

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