

FATAL & SEVERE RISK

02

MANUAL HANDLING

LIFE SAVING BEHAVIOURS

**I WILL ALWAYS LIFT
AND WORK WITHIN MY
OWN CAPABILITY AND
IMMEDIATELY REPORT
ANY SPRAIN OR STRAIN
TO MY LEADER SO IT
CAN BE MANAGED
EFFECTIVELY**



WHAT IS MANUAL HANDLING?

- Where you lift, lower, push, pull, carry or move an object.
- Can involve repetitive, sustained or sudden movements.

MANAGING RISKS - WHAT CAN YOU DO?

- Get assistance from others when you need it.
- Use mechanical aids wherever possible.
- Always know and lift within your ability.