



MANUAL HANDLING SAFETY

Nearly one third of all lost time claims are for injuries resulting from manual handling. Easily avoided, here is a quick list to check over when heavy lifting is involved.

ASSESS THE SITUATION

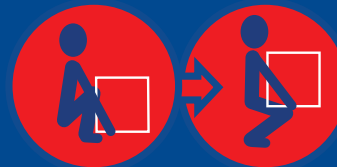
- What equipment is available to help
- Identify other hazards e.g. obstacles, stairs, changing/wet surfaces, lighting etc.
- Is the destination too far away?
- Is the pathway clear of obstacles?
- Ask yourself – do I have to lift it?

✓ YES – I DO HAVE TO LIFT IT

- Use the proper lifting techniques – size up the load, bend at the knees, keep your back straight, hold the load close to you, use your legs, avoid twisting – turn your feet instead
- Ensure your view is clear
- Break down the load if you can
- Make extra trips if necessary

✗ NO – I DON'T HAVE TO LIFT IT

- Use appropriate manual handling equipment – use a trolley, dolley, ladder or forklift
- Ensure your view is clear
- Push it , don't pull it



**JBS RECOMMENDS THE USE OF THE
CORRECT LIFTING PROCEDURES**