

BRIEFING 06

Manual Handling

Manual handling injuries are among the most common on site and often permanent. Avoid handling where you can; where you cannot, plan and use good technique.

Plan first — avoid, assess, reduce

- Avoid manual handling where possible — use trolleys, hoists, telehandlers or pallet trucks.
- Assess the load, the route, and your own capability before lifting.
- Get help or split the load for anything heavy, bulky or awkward.
- Clear the route of trip hazards before you start.

Safe lifting technique

- Stand close to the load with feet apart and one foot slightly forward.
- Bend your knees, keep your back in its natural curve — let your legs do the work.
- Get a secure grip; keep the load close to your body.
- Lift smoothly; do not twist — turn with your feet.
- Lower carefully, reversing the same steps.

Your responsibilities

Never attempt to lift more than you can manage. Report any handling task you think is unsafe so a mechanical aid or extra help can be arranged.

STOP & ASK If a load is too heavy, too awkward, or the route is blocked, stop and arrange help or a lifting aid.