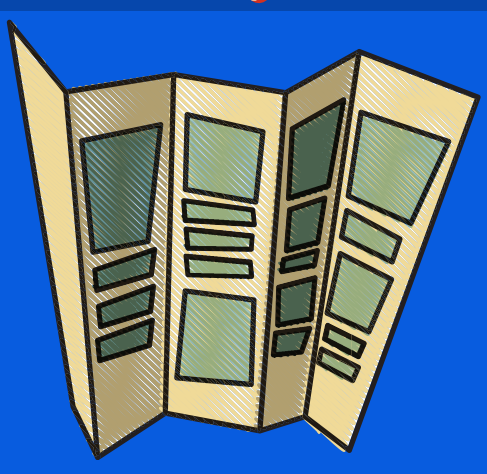
6 STEPS TO MANUAL HANDLING SAFETY

1 CONDUCT A MANUAL HANDLING RISK ASSESSMENT

2 ENSURE EMPLOYEES HAVE THE CORRECT MANUAL HANDLING TRAINING

3 USE MECHANICAL AIDS, LIKE ROLL CAGES, WHENEVER POSSIBLE



4 PLAN THE ROUTE BEFORE YOU SET OFF ON THE JOURNEY

5 BEND YOUR KNEES WHEN LIFTING TO AVOID NASTY ACCIDENTS

6 KNOW YOUR LIMITS. DO NOT PUSH YOURSELF!