



Manual Handling

Always Think
L.I.T.E.

Load

- Is it sharp?
- How much does it weigh?
- Is it a standard shape?
- Is it bulky?
- Is it difficult to grasp?

Individual

- Do *you* think you can manage the load safely?
- Have you considered your general fitness?
- Are you wearing appropriate clothing and foot wear?

Task

- Does it involve pushing, pulling, reaching, twisting, or stooping?
- Does it involve manually carrying over a distance?
- Have you considered the height of the manoeuvre?
- Does it involve holding the load at a distance from the body?

Environment

- Is there adequate lighting?
- Are the floor surfaces slippery?
- Are the floor surfaces uneven?

- Is the equipment being used adequate and in good repair?
- Is the equipment adjustable



Manual Handling

- Eliminate Manual Handling if possible by using equipment
- Always use PPE for protection (Gloves, Boots etc)
- Always use safe Manual Handling techniques
- **Never lift a Load that is too heavy.**

ALWAYS THINK

L.I.T.E.

To reduce risk to yourself and others