

Safety Alert Safety Alert Safety Alert

TBT 150 – Manual Handling



Is it needed?

- Materials delivered\stored at the work location
- Use mechanical aids used. What is available?

Is it planned \ discussed?

- What lifting will happen today?
- Which route will be taken? Is the access clear?
- Who will be involved?

Are you ready?

- Have you stretched \ loosened up?
- Undertake light tasks prior to heavier lifting
- Assess the load (weight\balance) before committing

Is your body positioning correct?

- Can you remember your training?
- Avoid twisting, bend at the knees
- Ask others to watch – **Brothers Keeper**

What's the worst that could happen?

- Unable to work due to back injury
- Dropped load falling on and crushing body part

What do you do if you see someone lifting incorrectly?

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