

Manual handling

About 5 minutes · Read it out, then ask the questions at the end.

Why it matters. Lifting, carrying, pushing and pulling cause many back and joint injuries on site. Injuries often build up over time and can last a lifetime.

The hazards

- Heavy, awkward or unstable loads
- Twisting, stooping or reaching while lifting
- Repeated lifting over a shift
- Uneven, wet or cluttered ground
- Carrying loads up stairs or ladders

Stay safe

- Avoid lifting by hand where you can: use trolleys, hoists, cable drum rollers or other aids
- Plan the lift and clear the route first
- Check the weight and get help for heavy or awkward loads
- Keep the load close to your waist and avoid twisting
- Bend your knees and keep a stable stance
- Break bulk loads down where you can
- Report pain early rather than working through it

Ask the team

1. What on this job could we move with a trolley or roller instead of by hand?
2. How do you check a load before lifting it?
3. Who do you tell if a lift is too heavy?

The law and guidance

Manual Handling Operations Regulations 1992. HSE INDG143, Manual handling at work.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. www.ewgroup.co.uk · Bristol 0117 982 0005 · London 020 7476 0001

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Site: _____ Date: _____

Given by: _____ Company: _____

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.