



The voice of steel distribution

safer steel

MANUAL HANDLING

Did you know

The injury problems that can arise from the unsafe lifting and handling of loads is the most common occupational illness in Great Britain today – affecting 1.1 million people (about 38% of all reported over-3-day accidents each year).

You can avoid becoming a manual handling injury statistic, by following these basic rules:

- If it is possible to avoid manual handling objects, then do so;
- If you can use mechanical handling equipment or assistance with a load, then do so;
- Think before you lift – plan where you're lifting from and the route you will need to negotiate where you are lifting to;
- Remember and follow your training in correct lifting and handling techniques.

This is not rocket science, so spend a few moments to:

**“Think before you lift!”
You can't get a new back – the one you have has to last you a lifetime.**