



(Provider Name and Logo)

Manual Handling Policy

Everybody here is responsible for the Health and Safety of themselves and others. Lifting heavy objects will be part of your work tasks here. The staff team will show you how to lift carefully to avoid hurting yourself and others and what equipment to use.



Think! Do you need help to lift?



Ask a member of staff or colleague to help



Use the sack barrow or other equipment

Always lift safely, use your knees and do not bend your back

