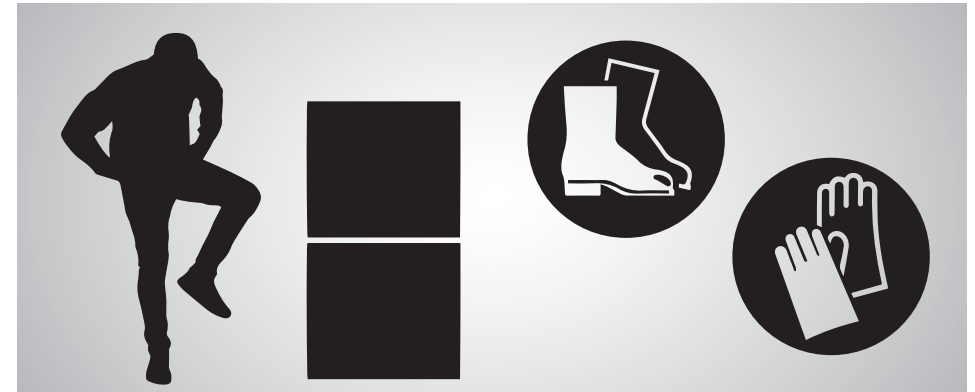


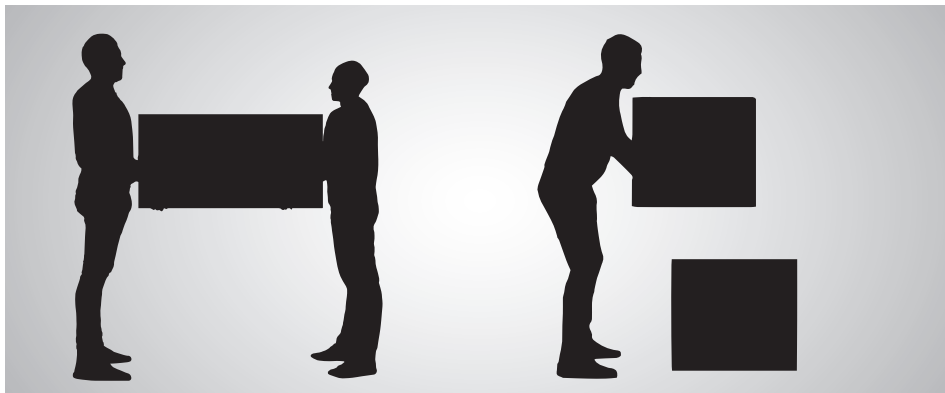
Manual Handling: T.I.L.E



T **TASK:** Consider what is to be moved and how best to do it: do you need more people, could you use a wheelbarrow, lifting hook or would a simple trolley help.



I **INDIVIDUAL:** This is about you and your back. If you feel you cannot lift the load or you are not wearing the correct workwear, PPE or footwear... then DON'T do it!



L **LOAD:** Is it sharp or awkward to move? Is it too heavy? Is it a two person job? Or can it be broken into smaller loads?



E **ENVIRONMENT:** Think about the route you have to take are there any doors, is it slippy, outside, uneven ground? Are there stairs and will you need a stair walker?



Video Guides

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