

# Toolbox Talk: Manual Handling

## Why this matters

Back injuries and strains are one of the most common causes of absence in construction. Poor lifting techniques can cause lifelong health issues.



## Key Points

- Always assess the load:
  - Do you need to lift it at all?
  - Can you lift it safely?
  - Do you need help or mechanical aids?
- Plan the route:
  - check for trip hazards and clear space before lifting.
- Use correct technique:
  - bend your knees, keep your back straight, keep the load close.
- Avoid twisting
  - turn with your feet, not your back.
- Share the load with another worker if needed

## Confirmation Questions

1. What is the safest way to lift a heavy object?
2. What should you do if a load is too heavy or awkward for one person?