

Think T.I.L.E. before you lift

T

Task

What are you going to do? Lift, push, pull, twist?
Can you use plant or equipment instead of manual handling?



I

Individual

Have you had training?
Are you able to lift safely, with good posture?
Can someone help you?



L

Load

Consider the weight, content, size and shape of the load.
How will you hold it?
Can you break the load down?



E

Environment

What is your route?
Are there any hazards?
Can you see clearly?



#ManualHandlingWeek

For more
information:



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