

Q. If a load has an uneven centre of gravity, how should you lift it?

A. Keep the heaviest side of the load towards you as this will keep the load pressed against you.

Q. What would you do if you were given an object too heavy to lift?

A. You should not lift it. You should notify your supervisor and seek help.

Q. What must you do if you suffer a minor injury through lifting at work?

A. You must report the injury and make sure it is recorded.

Q. When possible why should you break down large loads into smaller loads for transporting items?

A. To make them manageable and safer to transport.

Q. What should you do if your supervisor asked you to move something that is far too heavy for you to lift?

A. Ask for help.

Q. What is the maximum weight that an individual is allowed to lift?

A. 25 kg.

Q. What should you do if you have to move materials over a long distance?

A. You should use mechanical means if possible to avoid injury, or get help.

Q. What do you need to consider before picking up a load?

A. Its size, condition and weight, as these will have a bearing on how you lift it.

Play it safe cardset – Manual handling

Q. If you are an employer, do you need to train your staff in manual handling techniques?

A. Yes – employees must be trained.

Q. What does 'kinetic lifting' mean?

A. Lifting in the most safe and effective way.

Q. Which part of your body should you bend when lifting a heavy object?

A. Your knees, to allow your back to keep straight.

Q. When you lift a load manually, where should your feet be positioned?

A. Apart, one slightly forward.

Q. What is the most common type of injury resulting from lifting heavy objects?

A. Back injury.

Q. When you are moving heavy items what should you consider before you start?

A.

- What has to be moved.
- How far, and from where to where.
- If it can be safely handled by one person.
- If you need help.

Q. Which part of your body should take most of the strain when lifting?

A. Your legs.