

# MANUAL HANDLING - PRACTICAL GUIDANCE

The following guidance provides practical information on the management of some common manual handling activities that are conducted in the University.

This generic information may assist you in the drafting of a s

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Can you eliminate the task? E.g. is it safe to encourage the person to weight bear and transfer/move themselves rather than having to assist or carry the person. Can you assist a person to stand by instructing them to roll on their side, then onto all fours and then into a kneeling position (using a chair as a prop if possible)?

If the person is unable to walk, is there equipment available that you can use if transport is required? E.g. a wheelchair in Security office.

If a first aid incident, have you contacted a

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