

MATCHTECH 

 Resourcing
Solutions

Manual handling technique

Matchtech & Resourcing Solutions' worker safety briefings

November 2021

WORKING TOGETHER TO PROVIDE THE BEST RAIL TALENT IN THE UK

Good handling technique



Think Before Lifting/handling

- Plan the lift.
- Where is load going?
- Will help be needed?
- Obstructions to remove?
- Long lift – is there a suitable place to rest and put down the load?

Good handling technique



Keep load close to the waist

- Keep load next to body for as long as possible.
- Keep heaviest side of load next to body.
- If close approach not possible, try to slide towards the body before lifting.

Good handling technique



Adopt a stable position

- Feet apart.
- One leg slightly forward to maintain balance.
- Be prepared to move feet to maintain stability.
- Avoid tight clothing or unsuitable footwear.

Good handling technique



Get a good hold

- Where possible the load should be hugged as close as possible to the body
- Better than gripping tightly just with hands

Start in a good posture

- A slight bend of the back, hips and knees is preferable to stooping or squatting

Good handling technique



Avoid twisting the back or leaning sideways

- Very important when the back is bent
- Shoulders should be kept level and facing in same direction as the hips
- Turn by moving the feet

Good handling technique

Keep the head up when handling

- Look ahead, not down at the load, once it is held securely

Move smoothly

- The load should not be jerked or snatched



Don't lift or handle more than can easily be managed

Good handling technique

Putting down the load

- Take your time to plan the route you are taking and ensure that you can safely lower the load to complete the task
- Do not trap your fingers



Don't lift or handle more than can easily be managed

Resourcing Solutions and Matchtech are technical recruitment specialists within Gattaca PLC, a leading global STEM workforce solutions provider.

Resourcing Solutions and Matchtech both work to connect the best rail talent with the best work opportunities in the UK. Together forming the second largest UK rail recruiter, we support some of the biggest principal contractors all the way through to niche SME suppliers to the rail industry.

