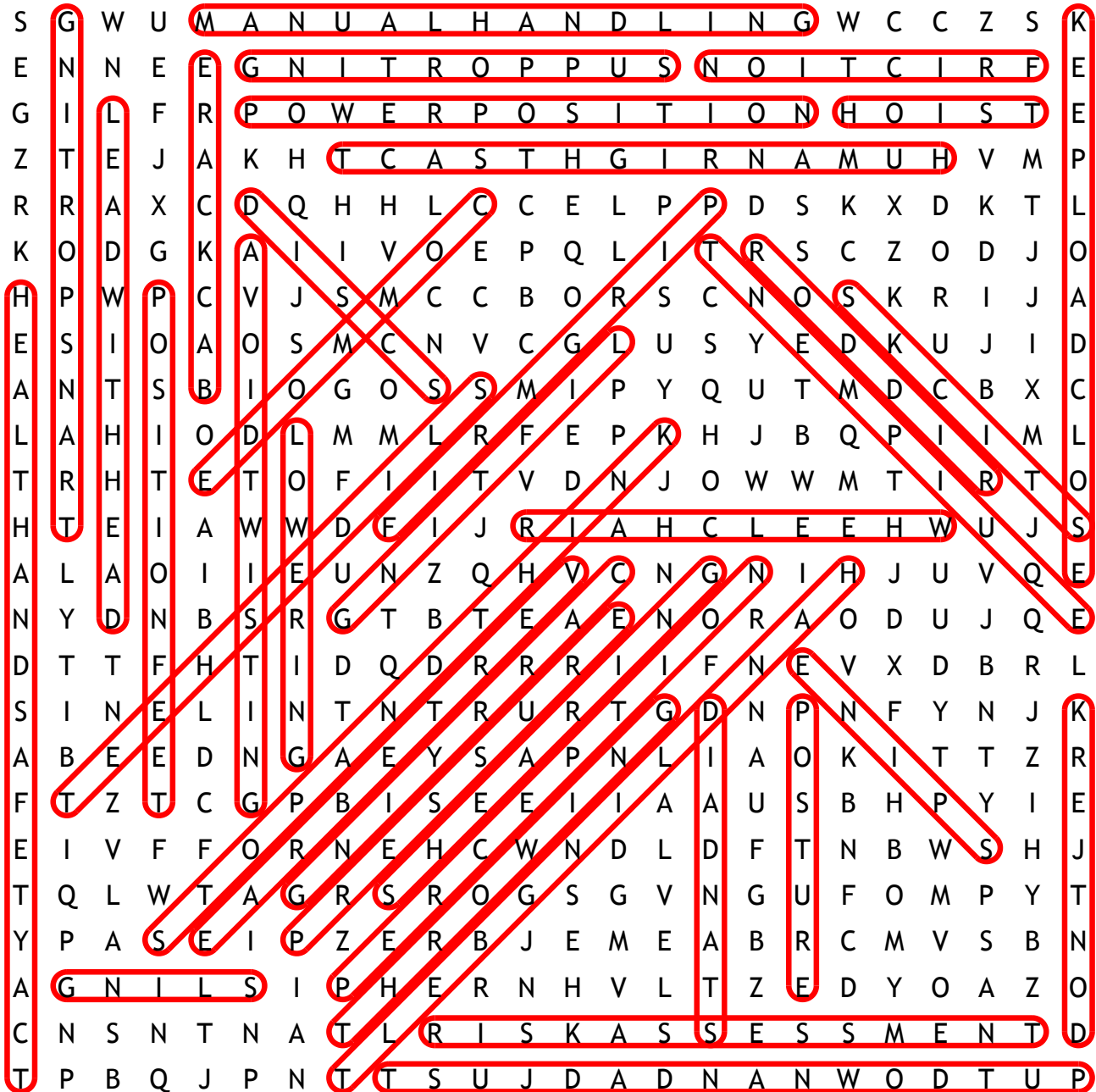


Name: _____

Date: _____

Moving and Handling



health and safety act
risk assessment
handling belt
supporting
firm grip
carrying
lifting
hoist

put down and adjust
avoid twisting
position feet
perception
vertebrae
friction
posture
spine

human rights act
lead with head
transporting
back care
standaid
shearing
sticks
discs

manual handling
power position
slidesheet
equipment
throwing
pressure
riddor

keep load close
stop and think
wheelchair
dont jerk
lowering
commode
sling