



MANUAL HANLNDING

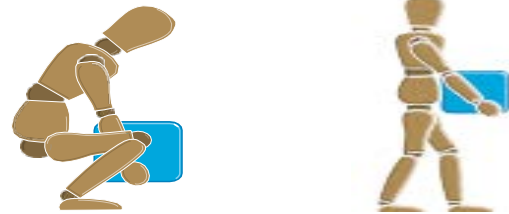
“For any manual handling always remember the word **LITE**”

- L-Load
- I-Individual
- T-Task
- E-Environment

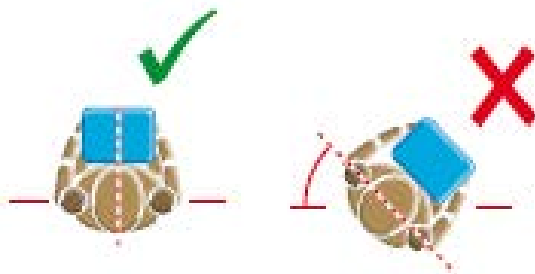
<p>L </p> <p>LOAD</p> <p><small>i.e. the size, shape, surface-type and weight of the object being moved.</small></p>	<p>I </p> <p>INDIVIDUAL</p> <p><small>i.e. the capabilities of the person carrying out the manual handling activity.</small></p>
<p>T </p> <p>TASK</p> <p><small>i.e. the type of manual handling activity, such as pushing, pulling, lifting or carrying etc.</small></p>	<p>E </p> <p>ENVIRONMENT</p> <p><small>i.e. the area in which the object is being moved.</small></p>



1. Think before lifting/handling
2. Adopt a stable position



3. Start in a good posture
4. Keep the load close to the waist



5. Avoid twisting the back or leaning sideways,



6. Keep the head up when handling
7. Put down, then adjust

Please Send your answers by email to: hse@aimsgt.com

What is the API (American Petroleum Institute) recommended practice for offshore pedestal crane operation, inspection and rigging

- A. API RP 2D
- B. API RP 8B
- C. API RP 9A
- D. API RP 4A

Last Month Safety Quiz Answer: Option B

- ✓ Jawad
- ✓ Eliyaz Ahmed

Congratulations!

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