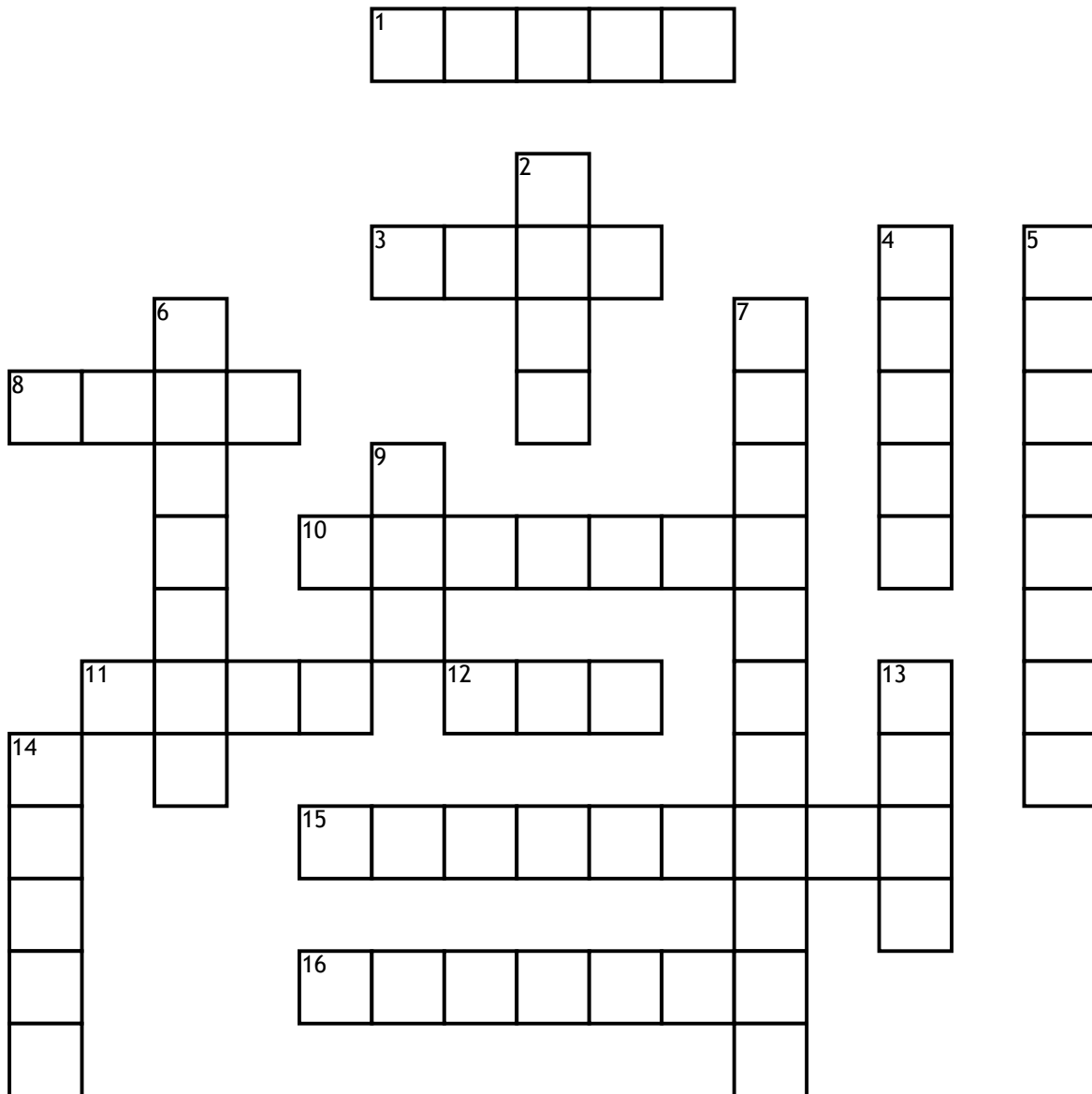


Manual Handling crossword



Across

- 1. When should you twist your neck and back?
- 3. Mandatory manual handling training needs to be completed every?
- 8. Accidentally spilling hot water can result in a ?
- 10. Policies and procedure regarding occupational health and safety can be found by logging into?
- 11. If you struggle to move or carry an item, you should share the load and ask for ?

- 12. Thompson Health policies and procedures state that if a mechanical lifter is used, how many staff are required to operate it?
- 15. All accidents and injuries can be?
- 16. There are three steps to risk assessment, Identify, Assess and ?

Down

- 2. Not lifting correctly can lead to injuries to the lower?
- 4. Heavy items should be stored on shelves that are at or below what level of your body?

- 5. What will improve muscle strength, keep you flexible, reduce fatigue and strengthen your back.
- 6. If you need to transport a number of heavy boxes you should use a ?
- 7. When should a hazard or injury be reported?
- 9. When moving heavy furniture you should use the large muscles of the?
- 13. A manual task is any activity that requires you to use your ? to carry out work.
- 14. How many steps are there is a safe lift?