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| **Name:** |  | **Date Completed:** |  |

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| 1. **What does manual handling include?** | |
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| 1. **Highlight two risks of manual handling** | | |
| Sprains and strains | Fractures |
| Head injuries | Blisters |

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| 1. **What must you check before manual handling?** | | |
| Floors surfaces | Stability of load |
| There is sufficient room | Spills are cleaned up and obstacles removed |

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| 1. **What must you do if you can’t lift a load?** | | |
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| 1. **Lift five elements that make up good lifting techniques** | |
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# Trainer Use Only

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| **Marked By:** |  | | **Signature:** |  | |
| **Score:** |  | **5** | **Pass or Fail:** | Pass | Fail |