



Easy-to-Understand Summary of the Manual Handling Arrangements

This part of the document explains how the company manages manual handling — any task where someone lifts, carries, pushes, pulls, or moves something by hand.

1. **Assess all manual handling tasks:** The company checks each task to identify risks and ensure safety.
2. **Reduce or remove risks:** The company removes or reduces risks by changing methods or using equipment.
3. **Consider each person's physical ability:** Tasks are assigned based on what each person can safely do.
4. **Provide proper training:** Employees receive training on safe lifting techniques and equipment use.