|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Moving and Handling

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | G | W | U | M | A | N | U | A | L | H | A | N | D | L | I | N | G | W | C | C | Z | S | K |
| E | N | N | E | E | G | N | I | T | R | O | P | P | U | S | N | O | I | T | C | I | R | F | E |
| G | I | L | F | R | P | O | W | E | R | P | O | S | I | T | I | O | N | H | O | I | S | T | E |
| Z | T | E | J | A | K | H | T | C | A | S | T | H | G | I | R | N | A | M | U | H | V | M | P |
| R | R | A | X | C | D | Q | H | H | L | C | C | E | L | P | P | D | S | K | X | D | K | T | L |
| K | O | D | G | K | A | I | I | V | O | E | P | Q | L | I | T | R | S | C | Z | O | D | J | O |
| H | P | W | P | C | V | J | S | M | C | C | B | O | R | S | C | N | O | S | K | R | I | J | A |
| E | S | I | O | A | O | S | M | C | N | V | C | G | L | U | S | Y | E | D | K | U | J | I | D |
| A | N | T | S | B | I | O | G | O | S | S | M | I | P | Y | Q | U | T | M | D | C | B | X | C |
| L | A | H | I | O | D | L | M | M | L | R | F | E | P | K | H | J | B | Q | P | I | I | M | L |
| T | R | H | T | E | T | O | F | I | I | T | V | D | N | J | O | W | W | M | T | I | R | T | O |
| H | T | E | I | A | W | W | D | F | I | J | R | I | A | H | C | L | E | E | H | W | U | J | S |
| A | L | A | O | I | I | E | U | N | Z | Q | H | V | C | N | G | N | I | H | J | U | V | Q | E |
| N | Y | D | N | B | S | R | G | T | B | T | E | A | E | N | O | R | A | O | D | U | J | Q | E |
| D | T | T | F | H | T | I | D | Q | D | R | R | R | I | I | F | N | E | V | X | D | B | R | L |
| S | I | N | E | L | I | N | T | N | T | R | U | R | T | G | D | N | P | N | F | Y | N | J | K |
| A | B | E | E | D | N | G | A | E | Y | S | A | P | N | L | I | A | O | K | I | T | T | Z | R |
| F | T | Z | T | C | G | P | B | I | S | E | E | I | I | A | A | U | S | B | H | P | Y | I | E |
| E | I | V | F | F | O | R | N | E | H | C | W | N | D | L | D | F | T | N | B | W | S | H | J |
| T | Q | L | W | T | A | G | R | S | R | O | G | S | G | V | N | G | U | F | O | M | P | Y | T |
| Y | P | A | S | E | I | P | Z | E | R | B | J | E | M | E | A | B | R | C | M | V | S | B | N |
| A | G | N | I | L | S | I | P | H | E | R | N | H | V | L | T | Z | E | D | Y | O | A | Z | O |
| C | N | S | N | T | N | A | T | L | R | I | S | K | A | S | S | E | S | S | M | E | N | T | D |
| T | P | B | Q | J | P | N | T | T | S | U | J | D | A | D | N | A | N | W | O | D | T | U | P |

   handling belt       commode       slidesheet       sticks       sling       wheelchair       standaid       hoist       back care       spine       throwing       lowering       lifting       carrying       supporting       transporting       equipment       riddor       human rights act       manual handling       health and safety act       put down and adjust       avoid twisting       dont jerk       lead with head       keep load close       firm grip       power position       posture       position feet       stop and think       vertebrae       discs       risk assessment       perception       friction       shearing       pressure