

## MANUAL HANDLING CHECKLIST



1.

Complete a TILEO assessment before any manual handling.

2.



Ensure employees are trained in safe people handling and manual handling equipment.

3.



Check the person's care or support plan for their specific manual handling requirements.

4.



Consider whether the person you are assisting can help with their move.

5.



Reduce manual handling risks by using equipment.

6.



During assisted movement, every effort should be made to maintain the person's dignity and independence.

7.



Evaluate and reflect on completion of the task.