

---

## 201: Health and safety in building services engineering

### Worksheet 4: Manual handling

---

Demonstrate the correct procedure for lifting a large, bulky item, as instructed by your tutor.

1. State four things you should do before lifting.

- i
- ii
- iii
- iv

2. Outline the key techniques you will use to ensure safe lifting and handling procedures.



3. If the item is too heavy to lift on your own, outline the lifting procedure you will use.

TRYDAN  
TRAINING

4. If the use of lifting equipment is required for this task, what additional procedures will you need to carry out?