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