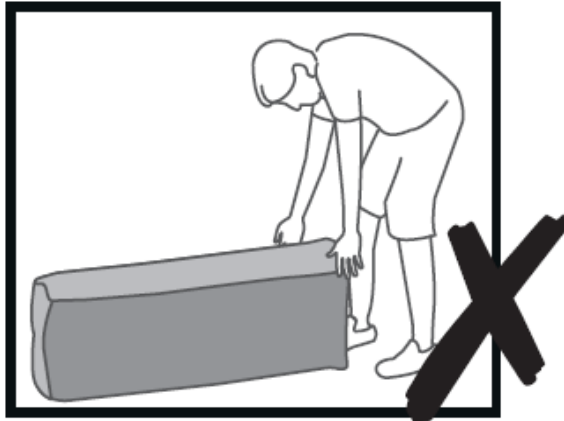


Manual Handling



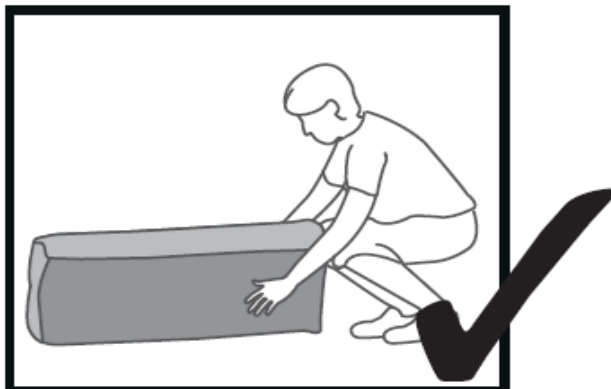
Lift The Load Safely

- Stand close to it with feet apart
- Bend knees, not your back
- Grip the load firmly
- Lift with your legs



Carry It Carefully

- Hold it close to your body
- Look where you are walking
- Take extra care carrying up and down stairs
- Don't twist your body, move your feet to turn



Put It Down Properly

- Bend your knees to lower load
- Don't trap fingers and toes
- Put it down first, then slide into
- Don't over-reach or stretch