MANUAL HANDLING



Do NOT twist, turn or bend your back



Do NOT look at your feet when carrying an object; keep your head upright



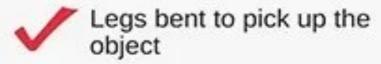
Do NOT carry objects that block your vision

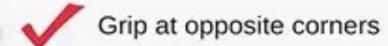


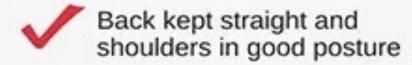
Do NOT carry an object above your shoulders or below your waist

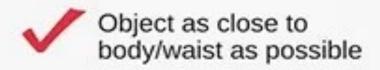












If required, put down the object and reset if necessary

