

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



-  Move carefully to maintain control
-  Legs bent to pick up the object
-  Grip at opposite corners
-  Back kept straight and shoulders in good posture
-  Object as close to body/waist as possible
-  If required, put down the object and reset if necessary