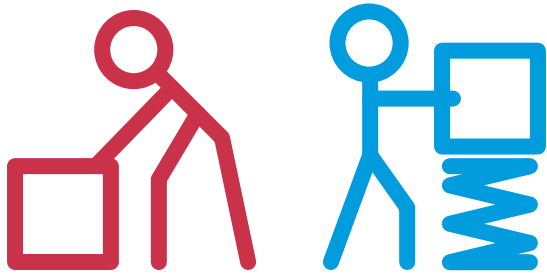


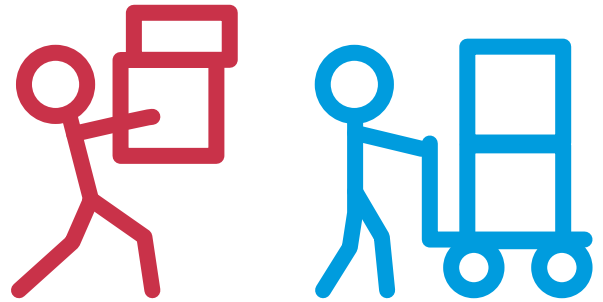
MANUAL HANDLING

DO'S AND DON'TS
AT THE WORKPLACE



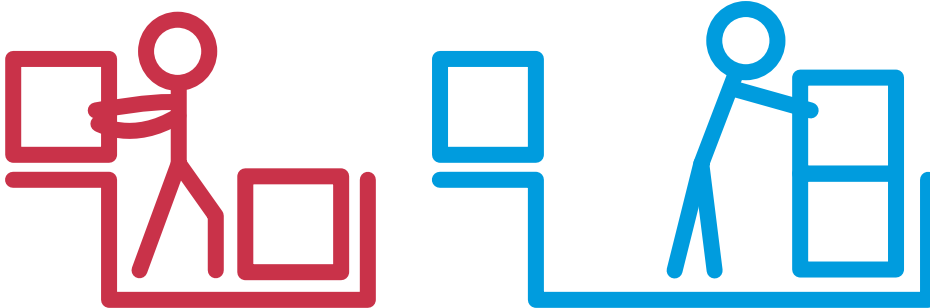
LIFTING

USE WORKBENCHES THAT ARE AT WAIST HEIGHT
OR ARE ADJUSTABLE TO PREVENT INJURIES



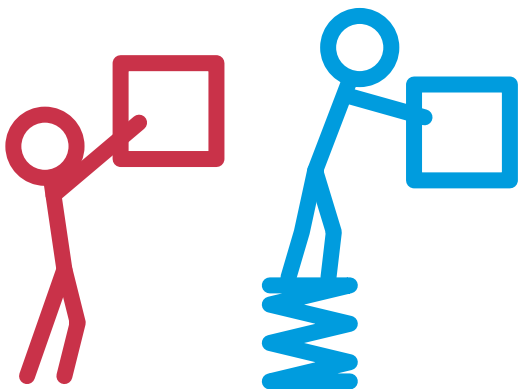
MOVING

USE TROLLEYS TO MOVE BOXES FROM
ONE PLACE TO ANOTHER



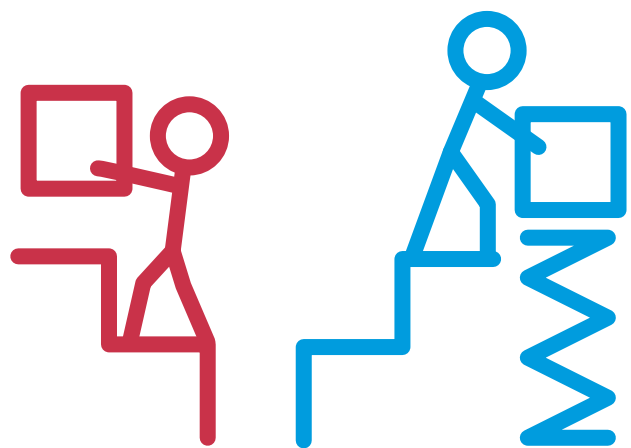
TURNING

ENSURE THAT THERE IS ENOUGH
ROOM TO TURN AROUND TO
PREVENT TWISTING



OVERHEAD ITEMS

USE ELEVATING PLATFORMS/STEP STOOLS
/STEP LADDERS TO REACH



USING THE STAIRS

USE ELEVATING PLATFORMS WHEN MOVING
BOXES THROUGH A STAIRCASE