



MANUAL HANDLING GUIDELINES

1

PLAN

- Assess the load's weight, size, and shape.
- Check the path for obstacles or slippery surfaces.



2

POSITION

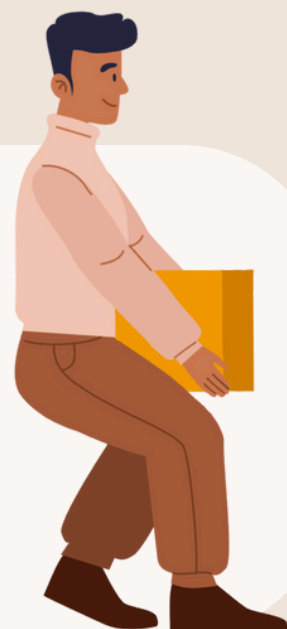
- Stand close to the load with feet shoulder-width apart.
- Keep your back straight.
- Bend at the knees, not the waist, to lower your body.



3

LIFT

- Keep the load close to your body.
- Lift smoothly using your legs, not your back.



4

MOVE

- Take small steps and avoid twisting your torso.
- Keep the load at waist level when possible.



5

PLACE

- Bend at the knees to set the load down.
- Release the load gently.



Use trolley to help with lifting heavy load.



Ask for help if the load is too heavy or awkward.



Bend or twist your back.



Carry loads that obstruct your view.

