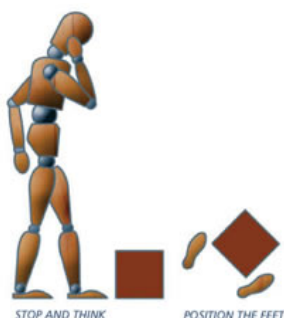


MANUAL HANDLING

PROCEDURE FOR LIFTING

1. BALANCE:

For good balance, keep legs shoulder width apart and one foot slightly in front of the other.



2. CLOSE TO THE LOAD

Get close to the load and bend at the knees and hips, not at the waist. Keep the natural curves in the back posture when bending and lifting.



3. LOAD

To reduce the load on the back, tighten stomach muscles and lift using legs.

4. LIFT SMOOTHLY

Lift smoothly, don't jerk whilst lifting and hold the load close to the body at waist level.

5. AVOID TWISTING

Avoid twisting when lifting, turn feet, not back. Keep the head up when handling.

