

A VISUAL GUIDE TO MANUAL HANDLING



Stop and
think



Position
the feet



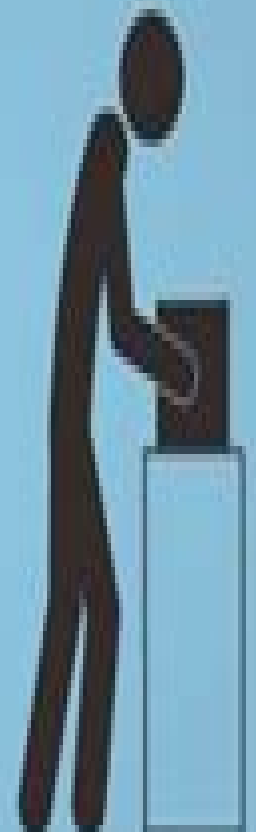
Adopt a good
posture



Get a firm grip and
keep the load close



Move the feet and
don't jerk the load



Put down,
then adjust

Manual Handling Step By Step Guide

Joacim Rocklöv



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