MANUAL HANDLING



COMPLETE A
MANUAL HANDLING
RISK ASSESSMENT





USE MECHANICAL AIDS WHEREVER POSSIBLE



ENSURE EMPLOYEES HAVE THE CORRECT MANUAL HANDLING TRAING



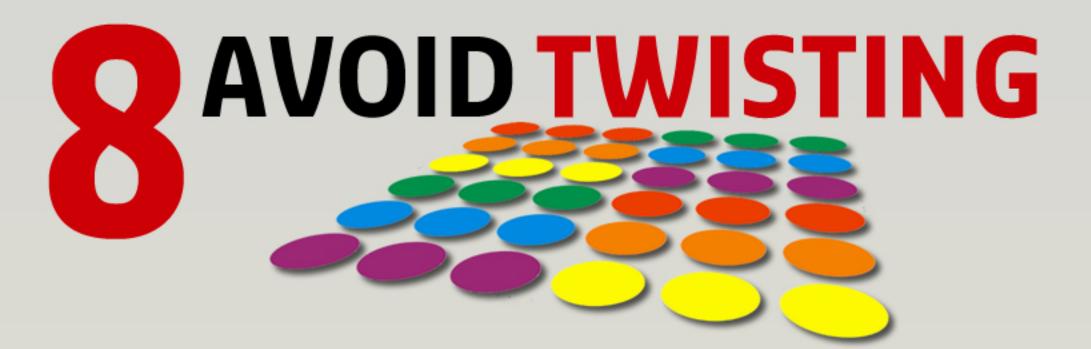












1 O KNOW YOUR LIMITS