

STOP AND THINK!

Good manual handling techniques



1

WHEN BENDING DOWN

MAKE SPACE - YOU NEED MORE THAN YOU THINK



2

WHEN PICKING UP PRODUCTS

ENSURE A GOOD WORKING HEIGHT - AND A GOOD POSTURE



3

WHEN LIFTING

KEEP THE LOAD CLOSE - MAKE LIFTING EASY



4

WHEN STOCKING PRODUCTS

MAKE SPACE - AND AVOID TWISTING YOUR BACK



5

WHEN PUSHING AND PULLING

USE YOUR BODY WEIGHT - IT WORKS!

WATCH VIDEOS ABOUT LIFTING AND PULLING

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