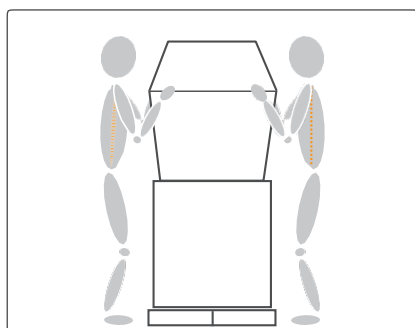


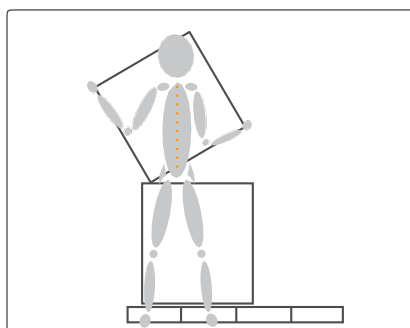


## THE BEST WAY TO ... Lift a heavy box with a colleague

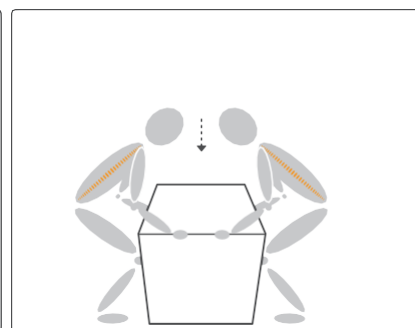
In some situations, the product may be bulky, heavy or placed at a difficult height. When you lift loads such as tumble-dryers, TVs and furniture together in a team, it's important that you ensure a good lifting height and use proper lifting techniques.



Tilt the product to allow for better grip height.



Note that two people lifting in a team should preferably be of similar height and strength.



Place the lower edge of the box against the floor by bending at the knees and hips.



Pull the box to the edge and then tilt it - that will give you a better grip height and better balance.



Agree who is to be in charge and make sure you lift at the same time - lift while keeping your back straight.



Bend at the knees and hips to place the lower edge of the box on the floor. Then lower the rest of the box.

### MECHANICAL AIDS

None

### REMEMBER TO

- Tilt the product to allow for better grip height
- Note that two people lifting in a team should preferably be of similar height and strength
- Agree who will be in charge during the lifting
- Bend at the knees and hips to place the lower edge of the box on the floor
- Keep your back straight