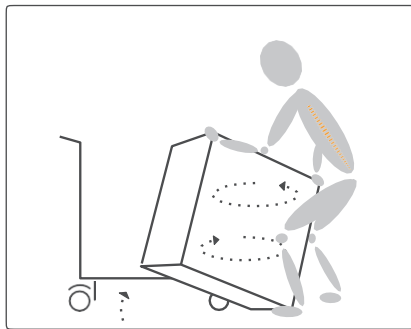




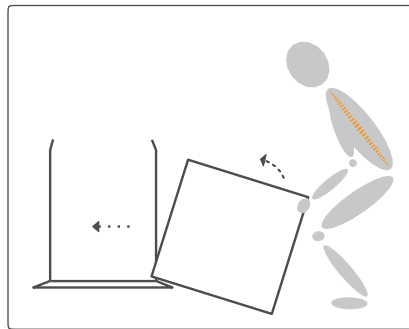
THE BEST WAY TO ...

Lift heavy products off the floor

Large products such as plant pots, furniture and washing machines are heavy to lift and move - especially from floor height. It is important to do as little lifting as possible by using appropriate mechanical aids and manual handling techniques so that you tilt, push, turn and slide the product instead of lifting it.



Tilt, push and turn the product to move it.



Use the base as support - and save your strength.



Park the platform trolley close to the product - grab hold of the product and tip it.



Push and turn the product until the part of it that is tipped rests on the platform.



Then push the product into place on the platform trolley - use the base as a support instead of lifting.

MECHANICAL AIDS



Platform trolley

REMEMBER TO

- Tilt, push and turn the product to move it
- Use the base as support - and save your strength
- Slide the product instead of lifting it