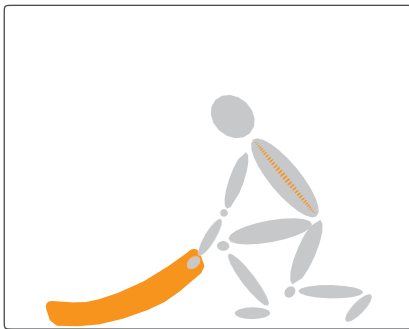


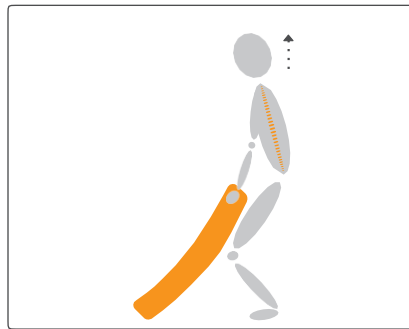


THE BEST WAY TO ... Lift a sack

Lifting a heavy sack up from a low height and onto a shopping trolley or transporter, for example, is easier if you keep the sack supported against the surface for as long as possible and remember to keep the sack close to your body.



Pull the sack close to your body by sliding it along the surface.



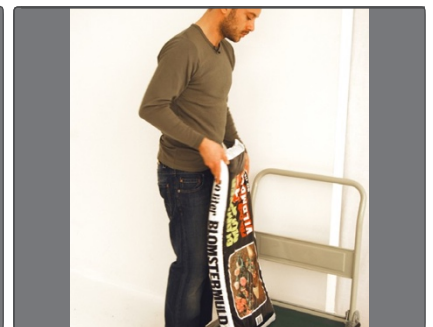
Lift the sack into an upright position by straightening your legs.



Bend your knees and grab the corners at the shorter end of the sack.



Get a firm grip on the sack, hold it close to your body and then lift it by straightening your legs.



When putting the sack down, let it slide down along your body until it is supported on the base of the trolley - then push and turn the sack into position on the trolley.

MECHANICAL AIDS



Platform trolley

REMEMBER TO

- Grab the corners at the shorter end of the sack
- Pull the sack close to your body by sliding it along the surface
- Lift the sack into an upright position by straightening your legs
- Get a firm grip on the sack and keep it close to your body when you lift it
- Let the sack slide down your body to put it down again