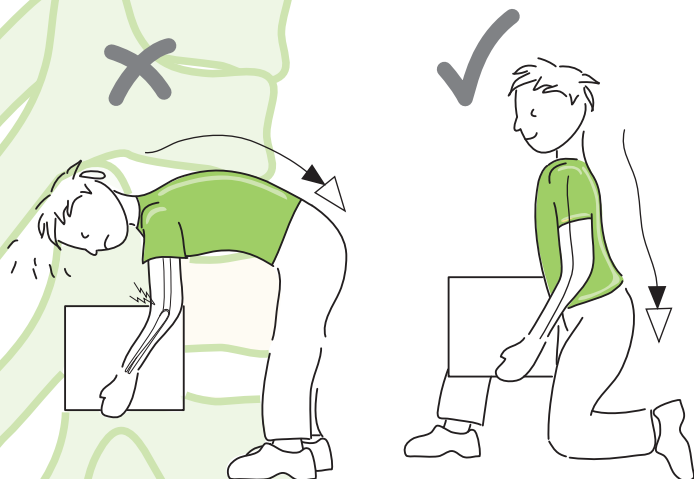


## Tips for manual handling!

**1. Plan** - assess the load and determine if you need assistance

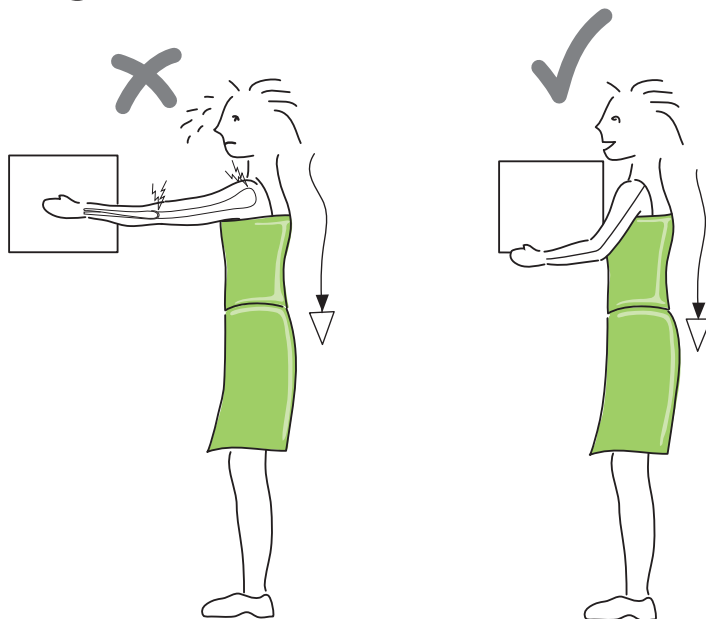
**2. Clear** the path

**3. Move** in close to the load



**7. Hold** your head upright

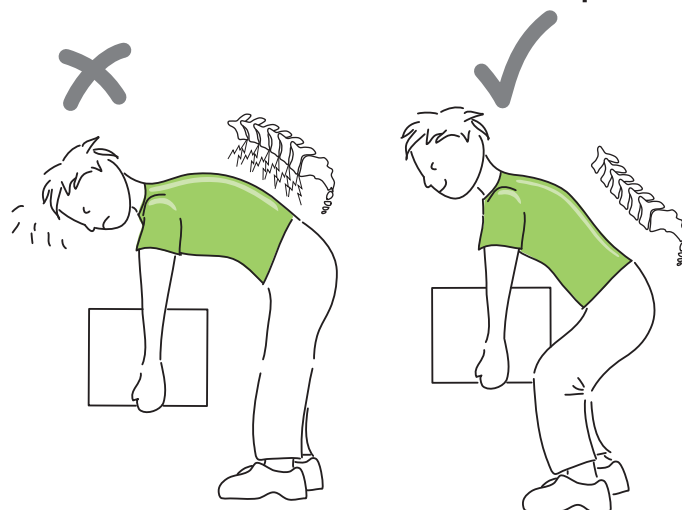
**8. Power** the lift with legs and body weight



**4. Place** your feet shoulder width apart

**5. Secure** your grip and hold the load close to your body

**6. Maintain** normal curves of the spine



**9. Don't** twist

**10. Use** smooth, controlled movements