



CAUTION

PLAN AHEAD

THINK BACK

ALWAYS LIFT
WITH CARE

1. ALWAYS CARRY THE LOAD CLOSE TO THE BODY.
2. KEEP THE BACK AS STRAIGHT AS POSSIBLE.
3. LIFT WITH LEG AND ARM MUSCLES RATHER THAN BACK MUSCLES.
4. ALWAYS HAVE A CLEAR VISION OVER THE LOAD.
5. IF THE LOAD INTERFERES WITH NORMAL WALKING GET HELP.
6. NEVER BE AFRAID TO ASK FOR HELP IN HANDLING A LOAD.
7. KEEP WORK AREAS CLEARED. TRIPPING HAZARDS CAN CAUSE SERIOUS INJURY.