

**Manual handling
causes one-third of
accidents in the
workplace!**



- 1 Avoid handling loads wherever possible.**
- 2 Keep walkways clear.**
- 3 Use the mechanical aids provided, for example, a trolley or pallet truck.**
- 4 Report any manual-handling concerns that you have.**
- 5 Break up a large load.**
- 6 Get help with heavy, sharp or awkward loads.**
- 7 Bend your knees.**



Name	Signature	Date	Name	Signature	Date