

3 PRINCIPLES TO RESPECT

1 Respect the spine's natural alignment

2 Use the right muscle group

3 Use the equipment and work environment to your advantage

10 TIPS AND TRICKS FOR RESPECTING THE PRINCIPLES AND BE SAFER DURING MANUAL HANDLING



1 **EVALUATE** and **PLAN** before handling

2 Keep load **AS CLOSE AS POSSIBLE TO THE BODY**

3 Promote the effort of the **LEGS** especially during major efforts

4 Slide, roll and leave the load **SUPPORTED** for as long as possible

5 Place feet in **DIRECTION OF MOVEMENT**

6 **PUSH** rather than pull

7 **BALANCE** loads on each side **OF THE BODY**

8 **STRETCH** several times a day

9 **USE MECHANICAL AIDS** as often as possible

10 **RESPECT** your strength and ability **kg**

