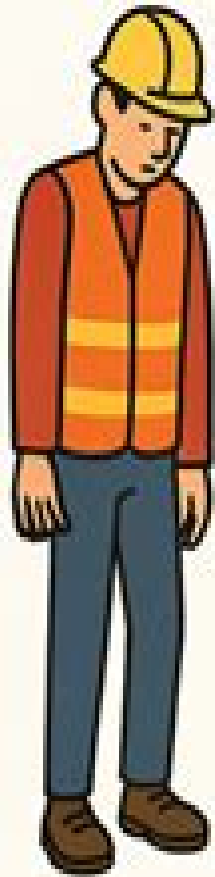


# Unsafe Manual Handling Techniques



1

Keeping feet  
close together



2

Lifting with a  
bent back



3

Twisting at the  
waist



4

Holding a load  
with outstretched  
arms



5

Holding a load  
with arms above  
shoulders

# Manual Handling Guide

**Yi-Tong Ma**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Manual Handling Guide:**

## **Manual Handling Guide** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Manual Handling Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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