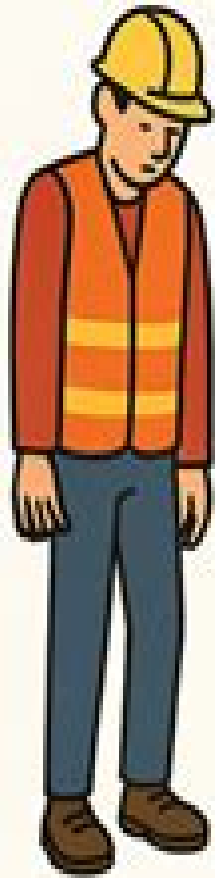


Unsafe Manual Handling Techniques



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

Robert R. Redfield



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