



Step 01

Plan and check for
dangers to
yourself and
others

Step 02

Check your
balance and
position

Step 03

When lifting
items use your
legs

Step 04

Lift the load
in a fluid
motion

Step 05

Ensure that
others can see
you

Manual Handling Problems

LM Reder



Manual Handling Problems:

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Manual Handling Problems** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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