## Food and drink sector - Manual handling





- 1 Avoid handling loads wherever possible.
- 2 Use the trolleys provided.
- 3 Assess the load before you handle it.
- 4 Break up a large load.
- 5 Ask for help if you need it.
- 6 Keep walkways clear.
- 7 Bend your knees.



Name	Signature	Date	Name	Signature	Date
			Doc No: 0601		