

**The most common injuries
in the workplace are to the
back, neck and ribs!**



- 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