Tips for manual handling:

1. Plan - assess the load and determine if you need assistance.
2. Clear the path.
3. Move in close to the load.
4. Place your feet shoulder-width apart.
5. Secure your grip and hold the load.
7. Hold your head upright.
8. Power the lift with legs and body weight.
9. Don't twist.
10. Use smooth, controlled movements.

For further information, contact:

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