Retail sector - Manual handling



Manual handling causes one-third of accidents in the workplace!



- 1 Avoid handling loads wherever possible.
- 2 Keep walkways clear.
- 3 Use the mechanical aids provided, for example, a trolley or pallet truck.
- 4 Report any manual-handling concerns that you have.
- 5 Break up a large load.
- 6 Get help with heavy, sharp or awkward loads.
- 7 Bend your knees.



Name	Signature	Date	Name	Signature	Date
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