

# MANUAL HANDLING



**WE HAVE  
COME A  
LONG WAY**

**SO WHY ARE WE  
STILL INJURING  
OURSELVES?**

**WHAT ARE THE RISKS TO YOU?**  
STAY SAFE BY CHOICE, NOT CHANCE



Stay **Safe** 

# SAFETY MOMENT

JUNE 2019 THEME:  
**MANUAL HANDLING...**  
**CAN YOU HANDLE IT?**

**T**

TASK

**I**

INDIVIDUAL

**L**

LOAD

**E**

ENVIRONMENT

REMEMBER, READ ABOUT T.I.L.E HERE:  
[www.hse.gov.uk/msd/pushpull/risks.htm](http://www.hse.gov.uk/msd/pushpull/risks.htm)

## BACK STRAIN

STAY SAFE BY CHOICE NOT CHANCE



Stay **Safe** 

# SAFETY MOMENT

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# HAND & ARM INJURIES

STAY SAFE BY CHOICE NOT CHANCE

