

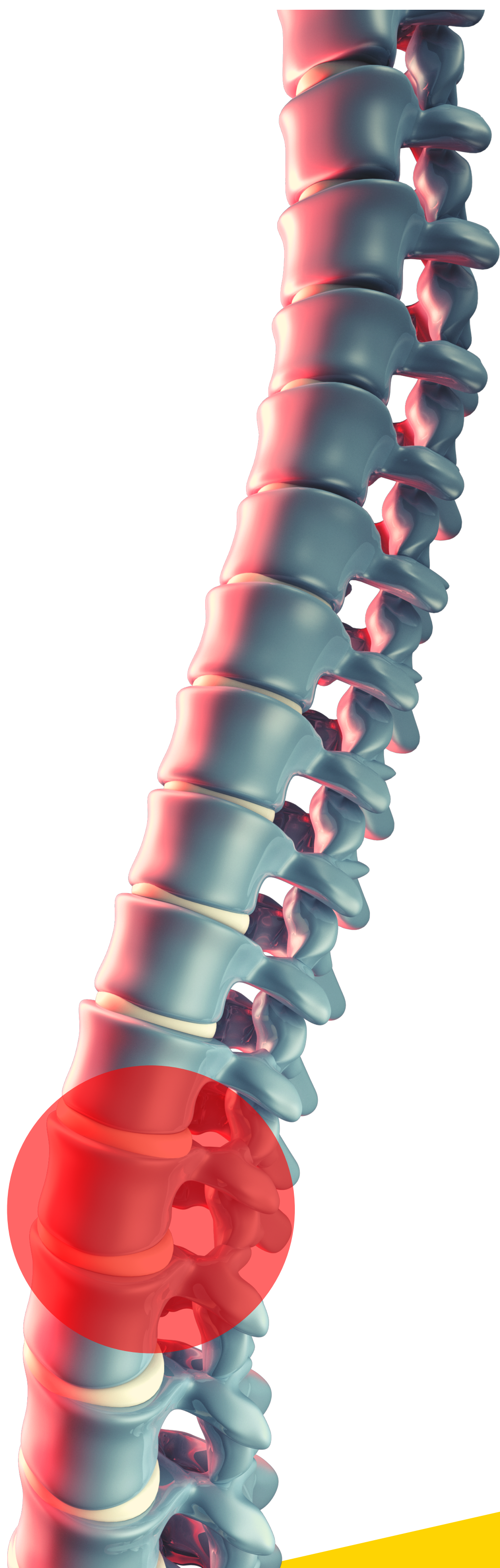
# LIGHTEN THE LOAD

**Frequent manual handling can cause back injury!**

Loads do not need to be heavy to cause injury and can affect your

- Lifestyle
- Leisure
- Ability to sleep
- Your ability to do your job

Using lifting and handling aids remove or reduce that risk and keep you healthy.



see



care



share