

PREVENT MANUAL HANDLING INJURIES

More than 33% of injuries are caused from manual handling operations

AVOID

Where Possible, **AVOID** the need for manual handling operations



ASSESS

Where manual handling operations cannot be avoided **ASSESS** the risk



REDUCE

Use the assessment to **REDUCE** the risk of injury



STOP

When you cannot reduce the risk of injury **STOP** work immediately; get **HELP!**



see



care



share