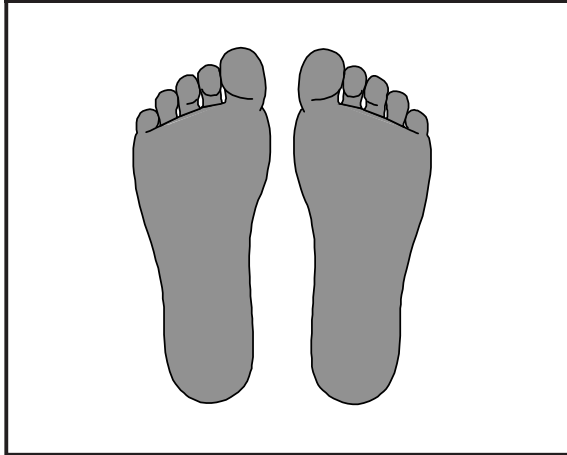


SAFE MOVING AND HANDLING

1. STOP AND THINK



2. POSITION FEET



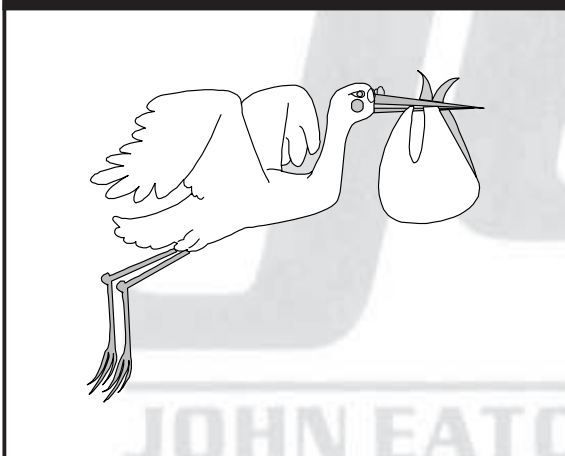
3. ADOPT A GOOD POSTURE



4. GET A FIRM GRIP



5. SAFE LIFTING LOAD



6. POSITIONING LOAD



Trainee Name

Read, Understood and Signed Date / /

Assessor Signed Competent [Y] [N]