Manual Material Handling Nevers



Never carry a load that obstructs your view!

Never use your back. Always use your legs to lift and lower loads!



Never twist your back. Move your feet to change direction!

Never carry a load that you can not maintain a firm and comfortable grip!

Never lift a load over your head or an obstacle!



Never carry a load if floor is slippery or cluttered!

Never lift a load that is too heavy or bulky. Always ask for help!



Member Argo Group

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