

# BEFORE YOU MAKE A MOVE



## THE LOAD

- ◆ Heavy?
- ◆ Stable?
- ◆ Sharp edges?
- ◆ Good grips?



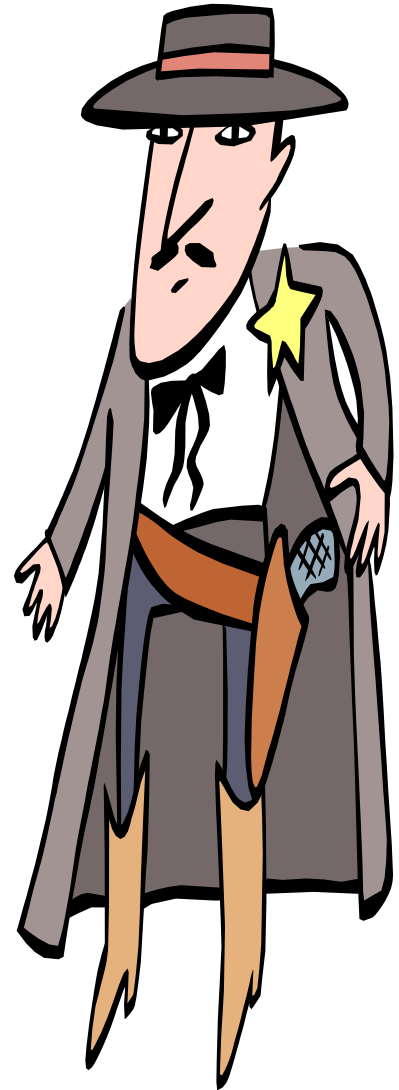
## THE PATH

- ◆ Clear, wide pathway?
- ◆ Good surface?
- ◆ Somewhere to put it down?



## THE TECHNIQUE

- ◆ Keep the load close to your body
- ◆ Use your legs
- ◆ Avoid twisting & awkward positions
- ◆ If not easy, ask for help or use equipment
- ◆ Make sure you can see where you are going
- ◆ Consider what could go wrong & how you could deal with it



**DON'T LET A MOMENT OF HASTE  
CAUSE A LIFETIME OF REGRET**

**Workplace Safety... Do it. Do it right. Do it right now.**



**Injury & Occupational Health**

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