



Step 01

Plan and check for
dangers to
yourself and
others

Step 02

Check your
balance and
position

Step 03

When lifting
items use your
legs

Step 04

Lift the load
in a fluid
motion

Step 05

Ensure that
others can see
you

Manual Handling Quizzes

Raffaela Di Napoli

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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