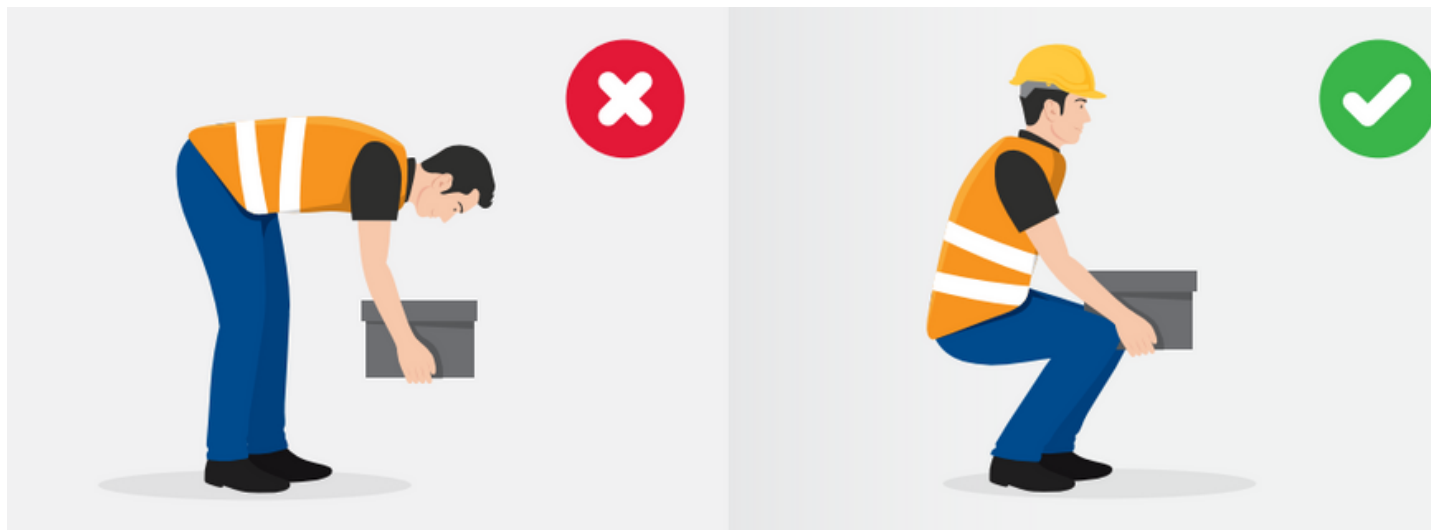
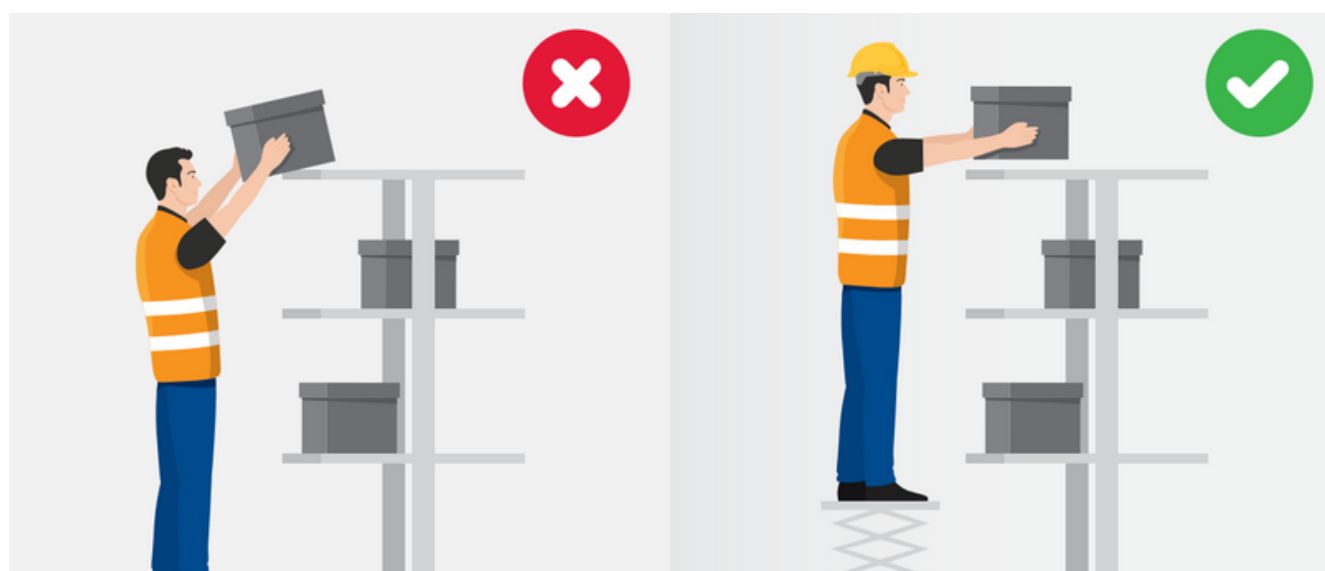
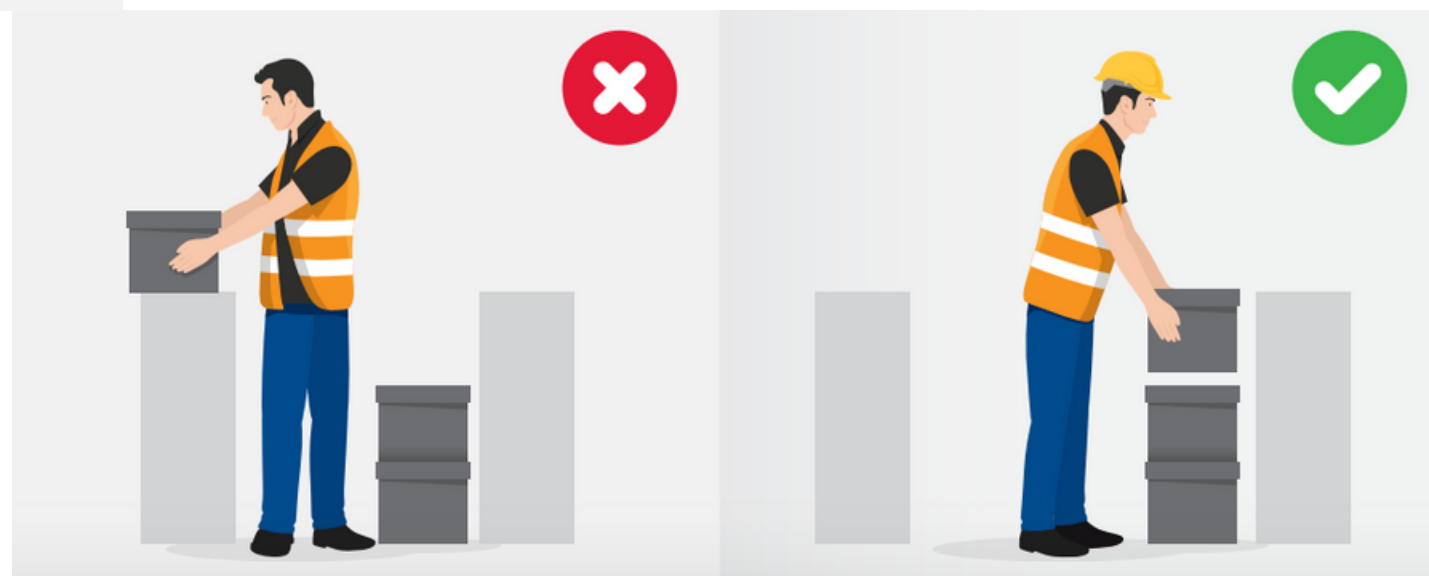


# MATERIAL HANDLING



**1. Bend your knees and keep back straight when lifting objects**

**2. Avoid twisting; ensure there is enough space to turn around**



**3. Use a step ladder or step stools to reach over head**

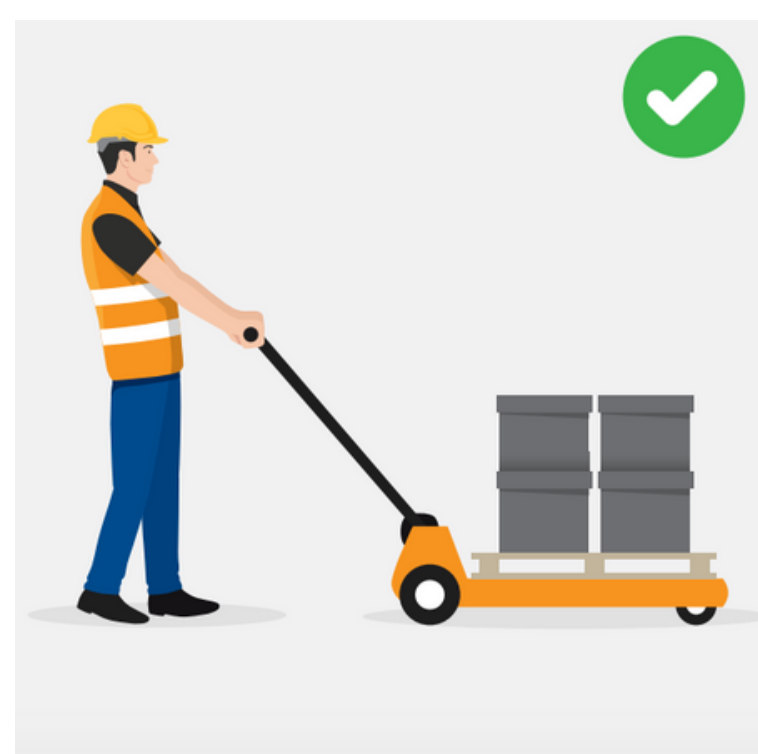
**4. Plan your route**



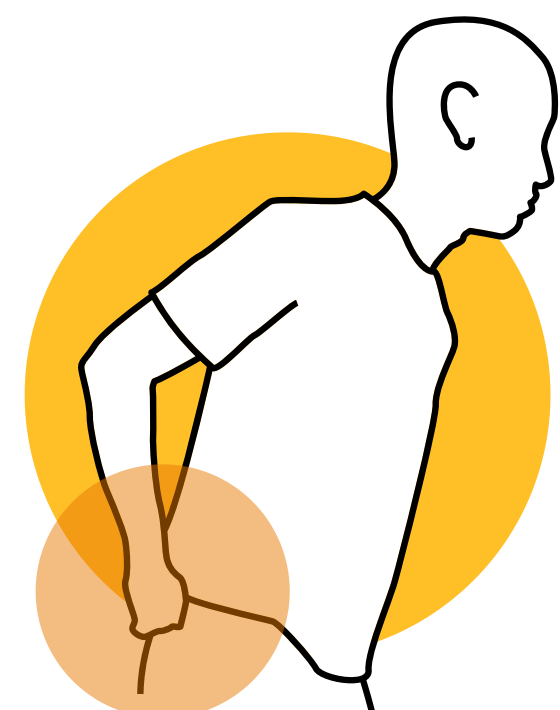
**5. Help colleagues if necessary during manual handling**



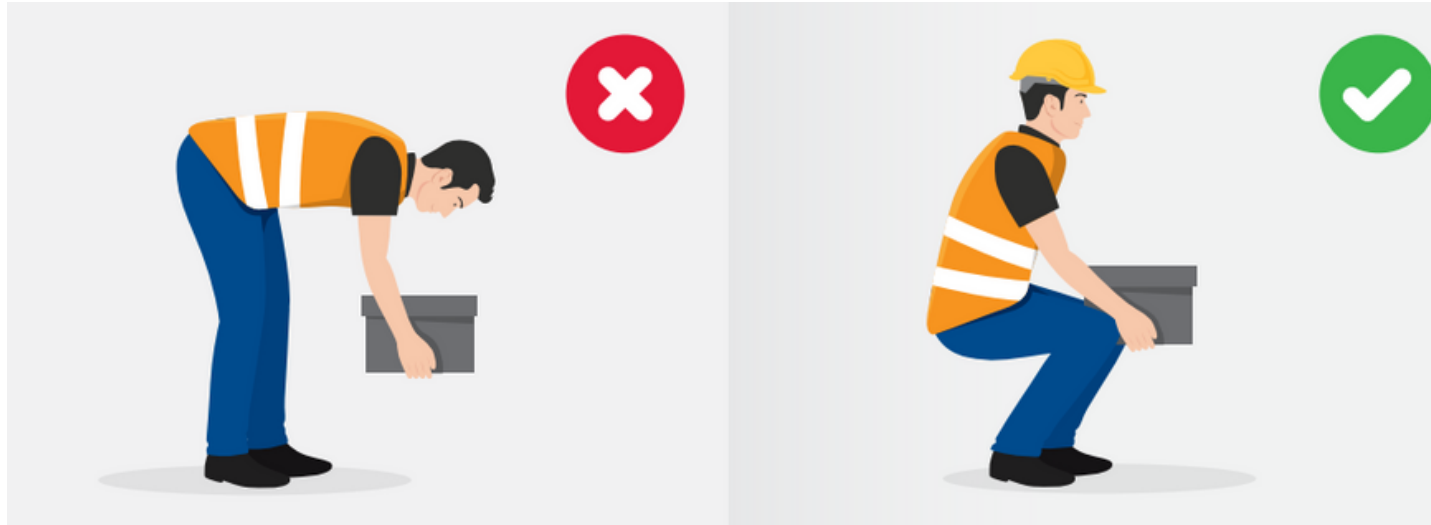
**6. Use mechanical aids when possible to move boxes**



**7. Report any injuries to supervisor**

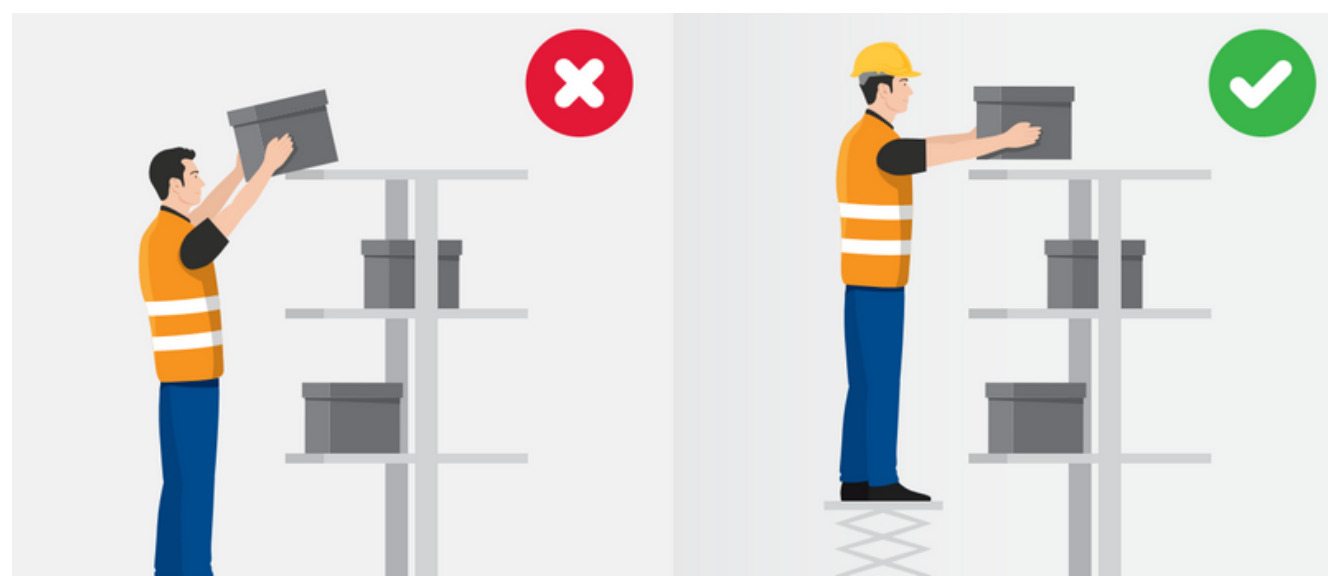
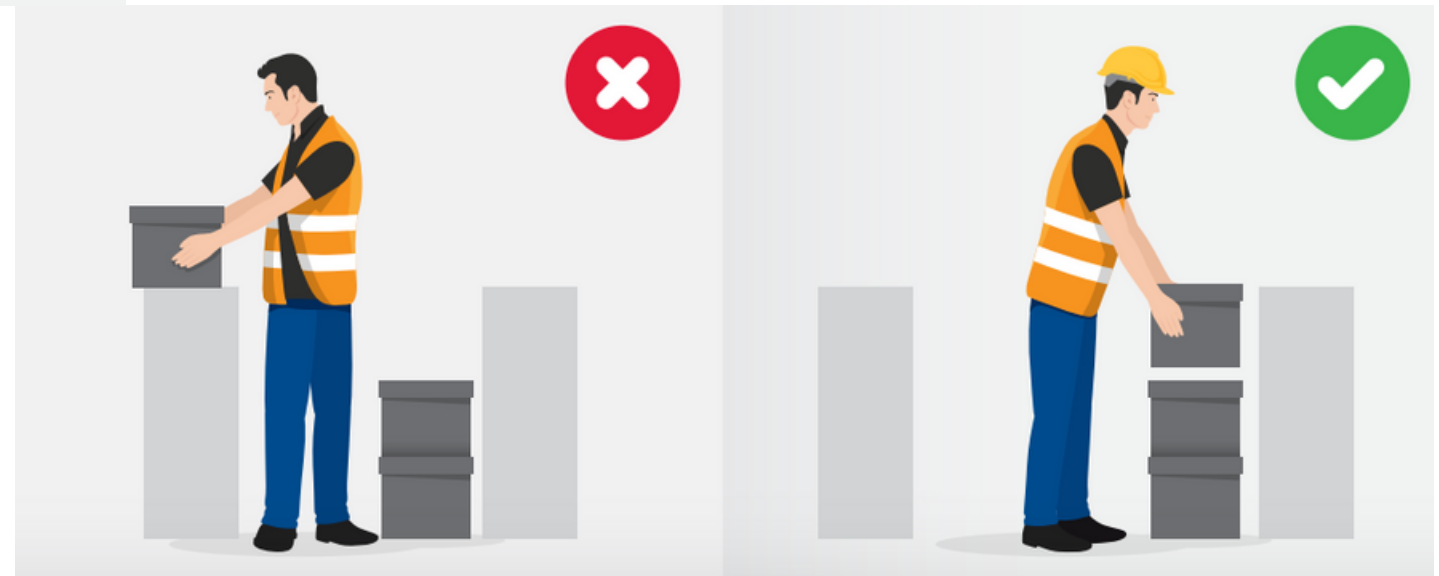


# MANEJO MANUAL DE CARGA



**1. Doble las rodillas y mantenga la espalda recta al levantar objetos**

**2. Evite girar; asegúrese de que haya suficiente espacio para dar la vuelta**



**3. Use una escalera o banco para alcanzar por encima de la cabeza**

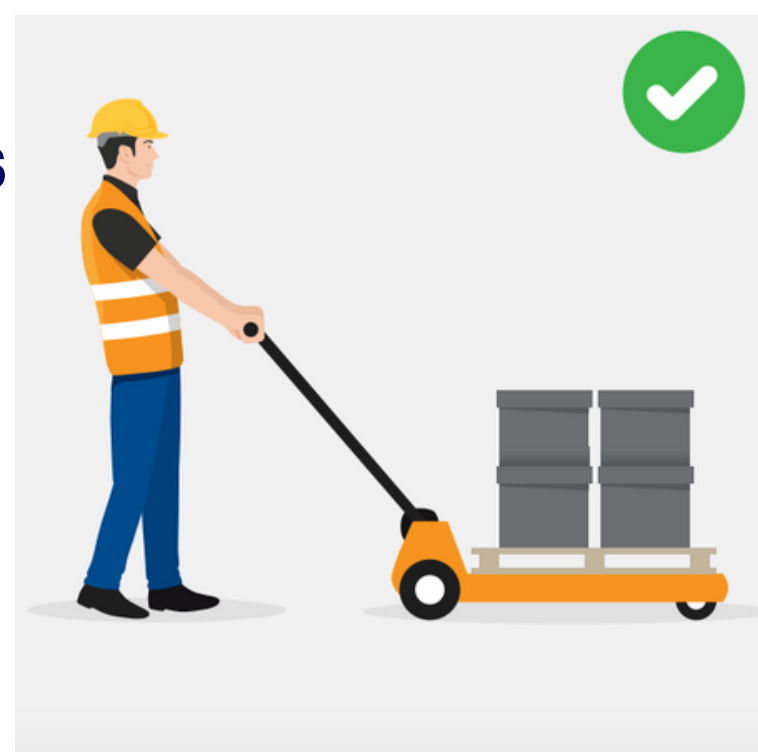
**4. Planifique su ruta**



**5. Ayude a sus colegas si es necesario**



**6. Use sistemas mecánicos cuando sea posible para mover cajas**



**7. Informe de cualquier lesión a su supervisor**

