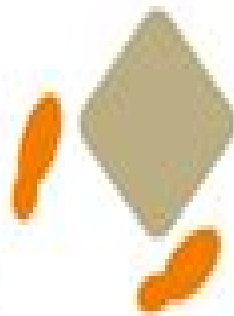


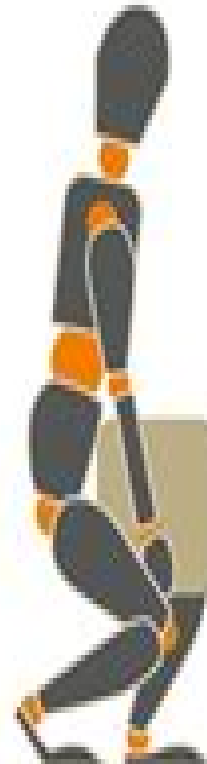
Stop & Think



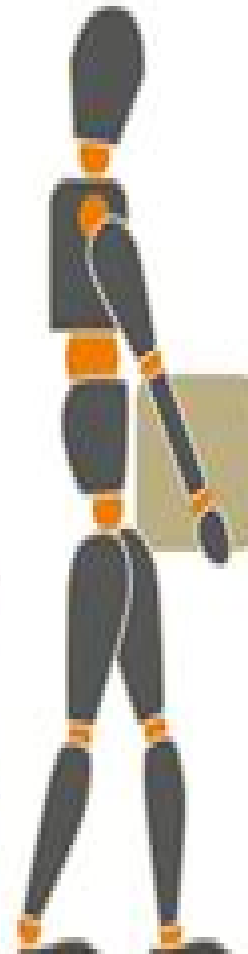
Position the
feet



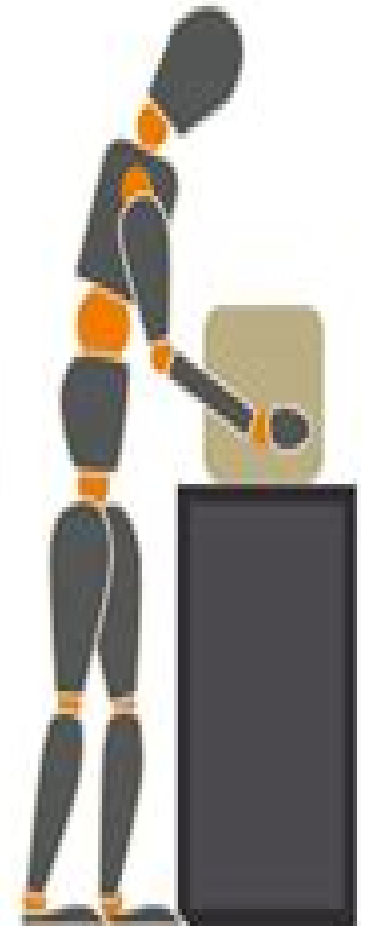
Adopt a
good
posture



Get a firm
grip



Move the
feet



Put down then
adjust

How Long Does Manual Handling Training Last

**Paul M. Salmon, Neville A.
Stanton, Michael Lenné, Daniel P.
Jenkins, Laura Rafferty, Guy H. Walker**

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