



Using the force of your legs by flexing them will help you to keep the vertebral column straight.



IDENTIFICATION OF RISKS

- Over exertion.
- Getting trapped.
- Knocks against objects.
- Falls at the same level.
- Falls at different levels.
- Crushing of extremities.
- Cuts.

RISKS AND PREVENTION INFORMATION

MANUAL MANIPULATION OF LOADS



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La Suma de Todos



Comunidad de Madrid



The appropriate auxiliary methods that facilitate the transport of materials will be used.



Protect your Back



The vertebral column is the axis of your body

Remember to adopt correct postures

TAKE CARE OF IT !



The use and placement of borders must be carried out with the use of knee protectors (knee pads).

