



# Be Smart, Back up your Health



**S**

**Size up the load**

**M**

**Move the load close to your body**

**A**

**Always bend your knees**

**R**

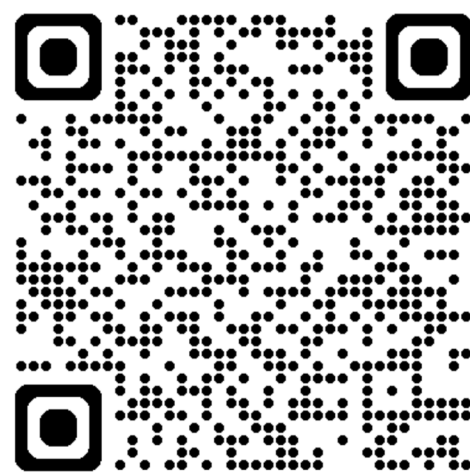
**Raise the load using your legs**

**T**

**Turn with your feet, not your back**

**Don't forget to complete your Manual Handling Online Learning, your health comes first!**

**Protect your back, follow your training!**



Scan the QR code for more information on looking after your back

**If you're struggling, get in touch and book an appointment with the James Hall Medical Team today!**

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