

# Manual Material Handling Nevers



**Never** carry a load that obstructs your view!

**Never** use your back. Always use your legs to lift and lower loads!

**Never** twist your back. Move your feet to change direction!



**Never** carry a load that you can not maintain a firm and comfortable grip!

**Never** lift a load over your head or an obstacle!



**Never** carry a load if floor is slippery or cluttered!

**Never** lift a load that is too heavy or bulky. Always ask for help!