

NOT WITH A BAD BACK

For your safety can you:

- Test the load before lifting e.g. kick?
- Use your legs not your back?
- Avoid awkward lifting positions?
- Give enough time to each lift?
- Let your body recover (take breaks)?
- Work as a team (help with heavy lifts)?

NOT WITH A BROKEN LEG

For your safety can you:

- Wear suitable footwear?
- Avoid jumping out of the cab?
- Avoid shortcuts and rushing?
- See where you put your feet?
- Report slip and trip hazards, e.g. broken pavements?

NOT IF YOU'RE DEAD

For your safety ensure that:

- You always wear high visibility clothing
- You never load a reversing vehicle
- You use reversing aides and reversing assistants
- You "expect the unexpected"
- Drivers: STOP if you can't see all operatives

Can you:

- Always collect on the near side (single side collection)?

