

Moving and Handling

R U U J B X X S I J O Z K M W W G W O X D R L R
W W N J A G K C N S P I N E S M E E Q C E T H E
G I I W Q M Y I L O A D B M W I U Y O N V J T D
Y I V L P R T M L L N S U L V G C F B V X M N U
K O O C L V I O O Z G P Q E E B W L J V M A E C
Z G D N G X L N M E T C R G J S S E S S A Y M E
B P G S I B I O G C A G T I J E R U T S O P S L
S I A G K G B G D V A P Y S A Y K G J U C F S X
W W O X R R A R X B B H Y L P S U G K U M K E R
H C E M R N T E I F H H T A A K U U X X W M S F
A S B M E B S P G N Z K R T A C W H M D W A S T
N Z C C Q C F Q C F D X X I J I P E F N Q K A O
D Z N J G G H R D L P I B O Z I O F G V N C K N
L X B S J N Q A Q E Z T V N B L A A Z D D A S E
I T M R A I X S N H Q W Z I D E R V F L W B I G
N B Z O E T D Y Q I T U O P D C E O U L Q J R S
G L I H V F U Z D H C B I Q A U K I A P H K E Y
I O F C R I F U H T M S Y P Z M A D S X Q Q L E
J I O N G L N P A T F B A Q M Y W L I O L M U H
H N F W O E J G G E V Q W J T E T R F R D X D Q
T F G S P Y Y T I V A R G U E I N T H D Q F E E
Z Q E I Z T X S D D N V Q H V T L T D C G P X U
I N T E R V E R T E B R A L D I S C K I C Q H C
M I R R P S P P K W J B O Y W T R Q Q J G F S R

intervertebral disc
legislation
equipment
gravity
review
moving
tone

risk assessment
individual
stability
posture
reduce
spine
back

biomechanics
ergonomics
handling
lifting
assess
avoid
load