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Cool! I'am really happy

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so many fake sites. this is the first one which worked! Many thanks

Manual Handling - Definition

Any transporting or supporting of a load by one or more employees and which may include;

- LIFTING
- PUTTING DOWN
- PUSHING
- PULLING
- CARRYING OR MOVING A LOAD

which by reason of it's characteristics or unfavorable ergonomic conditions involves risk, particularly of back injury to employees

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