

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Manual handling Awareness campaign

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

repetitive tasks

manual handling

risk assessment

straight back

heavy load

bent knees

injuries

carrying

hazards

posture

lifting

ppe