



Main Points from the

**HANDLE
WITH CARE**

Guidelines on:

Trolleys

- **Start the trolley moving with your legs and body weight, not the muscles in your arms and wrists**
- **Do not pull the trolley**
- **Keep your wrists straight**
- **Turn the trolley with your legs, not by twisting your body**
- **Only load the top shelf**
- **Only one row of books**
- **Choose an appropriate trolley for the task**
- **Check wheels are maintained**
- **Reduce manual handling where possible**

