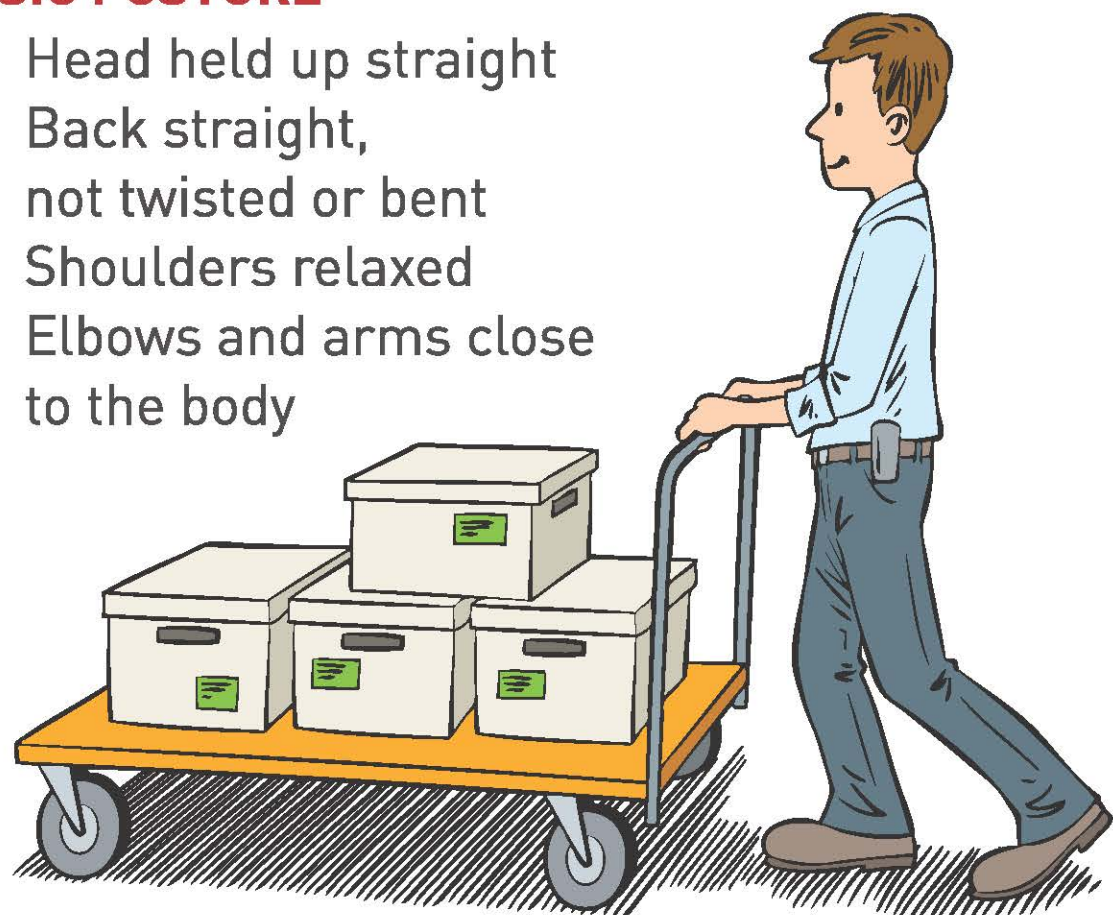




BASIC POSTURE

- Head held up straight
- Back straight, not twisted or bent
- Shoulders relaxed
- Elbows and arms close to the body



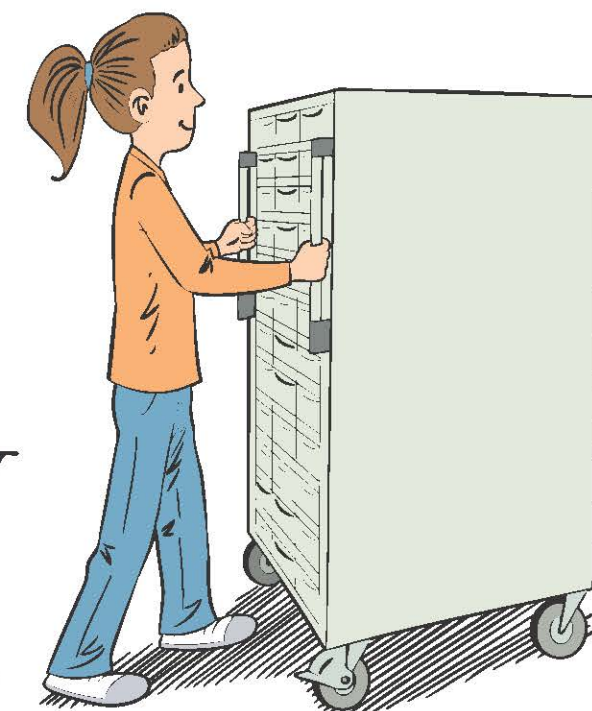
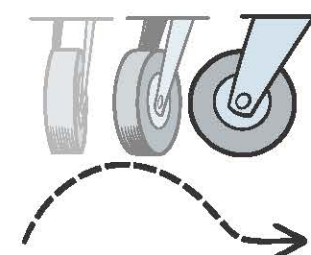
RULES FOR PREVENTATIVE OPERATION

- Move one cart at a time
- Move without rushing
- Adapt your speed according to the likelihood of sudden, urgent stops and allow sufficient distance before the stopping point
- Make use of safety mirrors on the walls



1. PUSH THE CART, DO NOT PULL IT

- Place both hands on the push bars (at about elbow height)
- Gently move the cart by positioning the wheels in the direction of the planned movement, before starting to push



2. MOVE THE CART

- Use your body weight and leg strength to facilitate movement
- Don't push with the arms only
- Push gradually, without abrupt (jerking) or rough movements

3. TO TURN THE CART

- To direct the movement, gently move in the opposite direction to the one desired
- Take small steps to the side of the cart
- Avoid twisting the back
- For a sharp turn to the right, use the brake on one right wheel (and vice versa)



USE A CART PULLER

If the cart is long, heavy, or high, over long distances or when routes are on an incline



WORK IN PAIRS

If you can't see in front of the cart, or if it is heavy