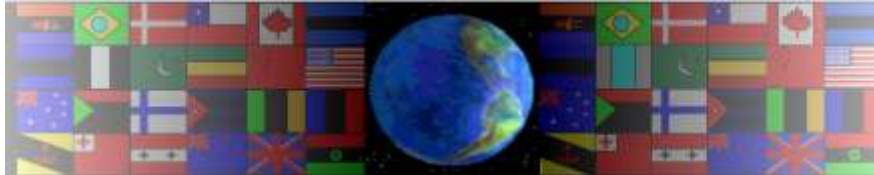


HEALTH AND SAFETY - LIFTING AND MOVING WEIGHTS

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On behalf of The World Association of Technology Teachers

W.A.T.T.



World Association of Technology Teachers

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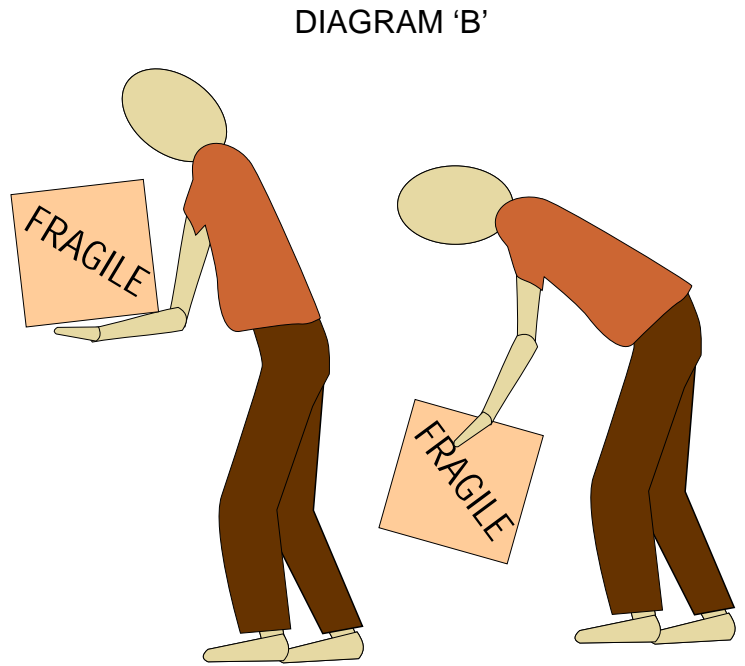
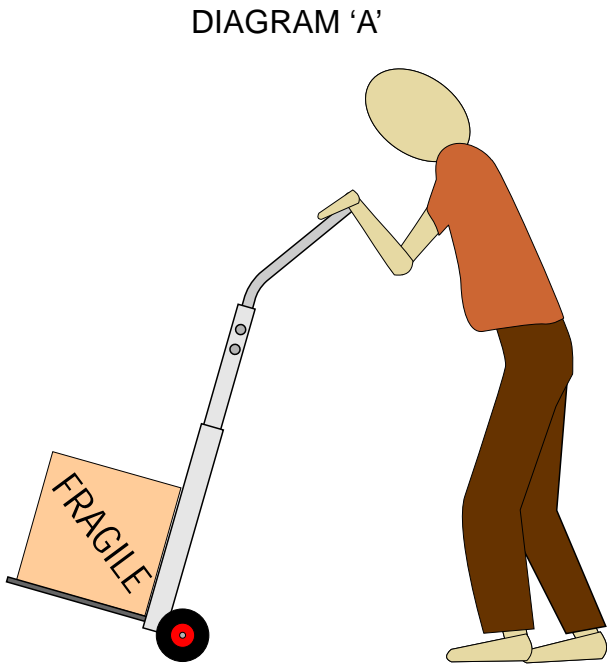
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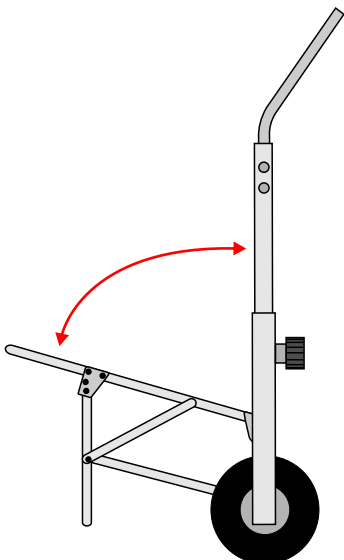
1. Lifting and moving heavy weights can result in back injuries. How can this be avoided?

2. Diagrams 'A' and 'B' show different methods of lifting and moving weights.

Place a tick the correct method of lifting and moving weights and place a cross next to the incorrect method.



3. Explain what you consider to be wrong with the method of lifting and moving that you identified as incorrect.



4. The Fishing Trolley (opposite) folds away and the handle retracts. This allows the trolley to be stored in a small space.

What are the dangers of using this type of mechanism?
