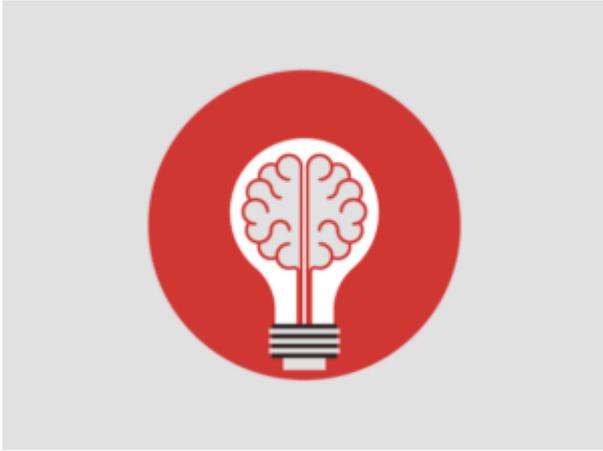


# Making the Best Use of Lifting and Handling Aids – Quick Course



Workers who perform frequent and heavy lifting are at risk for back injuries and abdominal straining that can cause hernias. The use of lifting and handling aids can help remove or reduce the risk of worker injury. This quick course will cover the dangers of lifting improperly and how to protect yourself.