



### Manual handling of loads

“Any operation of **transporting** or **holding** a load that is undertaken by one or more workers, including **lifting, putting down, pushing, pulling** or **carrying**, that due to unsuitable characteristics or ergonomic conditions entails risk, particularly of back injury, for workers.”

(Royal Decree 487 of 14 April 1997 establishing minimum health and safety provisions relating to manual handling of loads entailing risks, particularly of back injury, to workers.)

\*The box shows basic concepts for manual handling of loads, including the recommended weight and dimensions).

