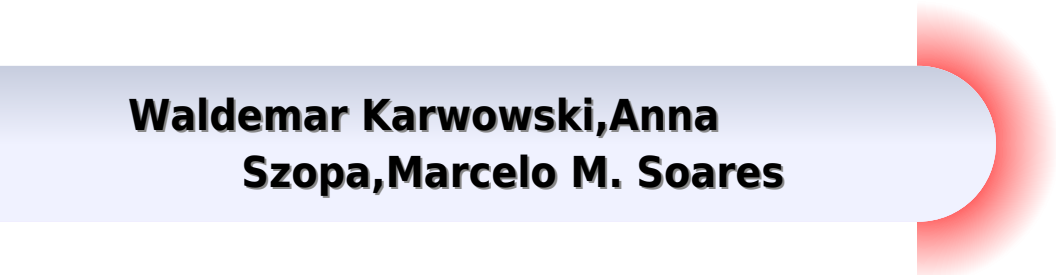


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- * A hazardous manual task, as defined in the WHS Regulations, means a task that requires a person to lift, lower, push, pull, carry or otherwise move, hold or restrain any person, animal or thing involving one or more of the following:
 - * repetitive or sustained force
 - * high or sudden force
 - * repetitive movement
 - * sustained or awkward posture
 - * exposure to vibration.

Principles And Postures For Safe Manual Handling

**Waldemar Karwowski, Anna
Szopa, Marcelo M. Soares**



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