

Bag collections



**Place one foot forward
Unlock knees
Lift using legs**

**Turn by moving the feet
Only take what you can
manage**



Employee's Name.....

Employee's signature.....

Trainers Name.....

Trainers Signature.....

Date.....



Bins



**Place one foot forward
Unlock knees
Lift using legs**

Employee's Name.....

Employee's signature.....

Trainers Name.....

Trainers Signature.....

Date.....



Wheeled Bins



Take a firm grip with both hands
Place one foot forward
Unlock knees
'Dip and Drive' ® to start the pull

Employee's Name.....

Employee's signature.....

Trainers Name.....

Trainers Signature.....

Date.....



1 100ltr Bins pulling



- Take a firm grip with both hands**
- Place one foot forward**
- Unlock knees**
- 'Dip and Drive'® to start the pull**

Employee's Name.....

Employee's signature.....

Trainers Name.....

Trainers Signature.....

Date.....



1 100ltr Bins pushing



**Take a firm grip with both hands
Place one foot forward
Unlock knees
'Dip and Drive'® to start the pull**

**If heavy seek assistance
Only take what you can
safely manage**



Employee's Name.....

Employee's signature.....

Trainers Name.....

Trainers Signature.....

Date.....



Fly Tipping



- Place one foot forward to the side of the item**
- Ensure good footing**
- Unlock knees and take a firm grip**
- Drive with the legs to stand the item upright**
- Place the sack truck underneath**

Employee's Name.....

Employee's signature.....

Trainers Name.....

Trainers Signature.....

Date.....

