## Lifting and Carrying

The Faraday P100 Series unit weighs 2.5 kg only, but proper lifting and carrying techniques must be performed to avoid injuries.

## Always keep in mind:

- Do not attempt to lift by bending forward. Back kept upright straight and bend knees to squat down to your load, keep it close to your body, and straighten your legs to lift.
- Never lift the unit above shoulder level.
- Avoid turning or twisting your body while lifting or holding the unit.
- Use the sideways cooling keyways to hold the unit with your hands.
- Do not attempt to place the unit on the floor by bending forward.

These are friendly tips only. Before lifting and carrying consult your HSE officer and carry out the necessary risk assessments.