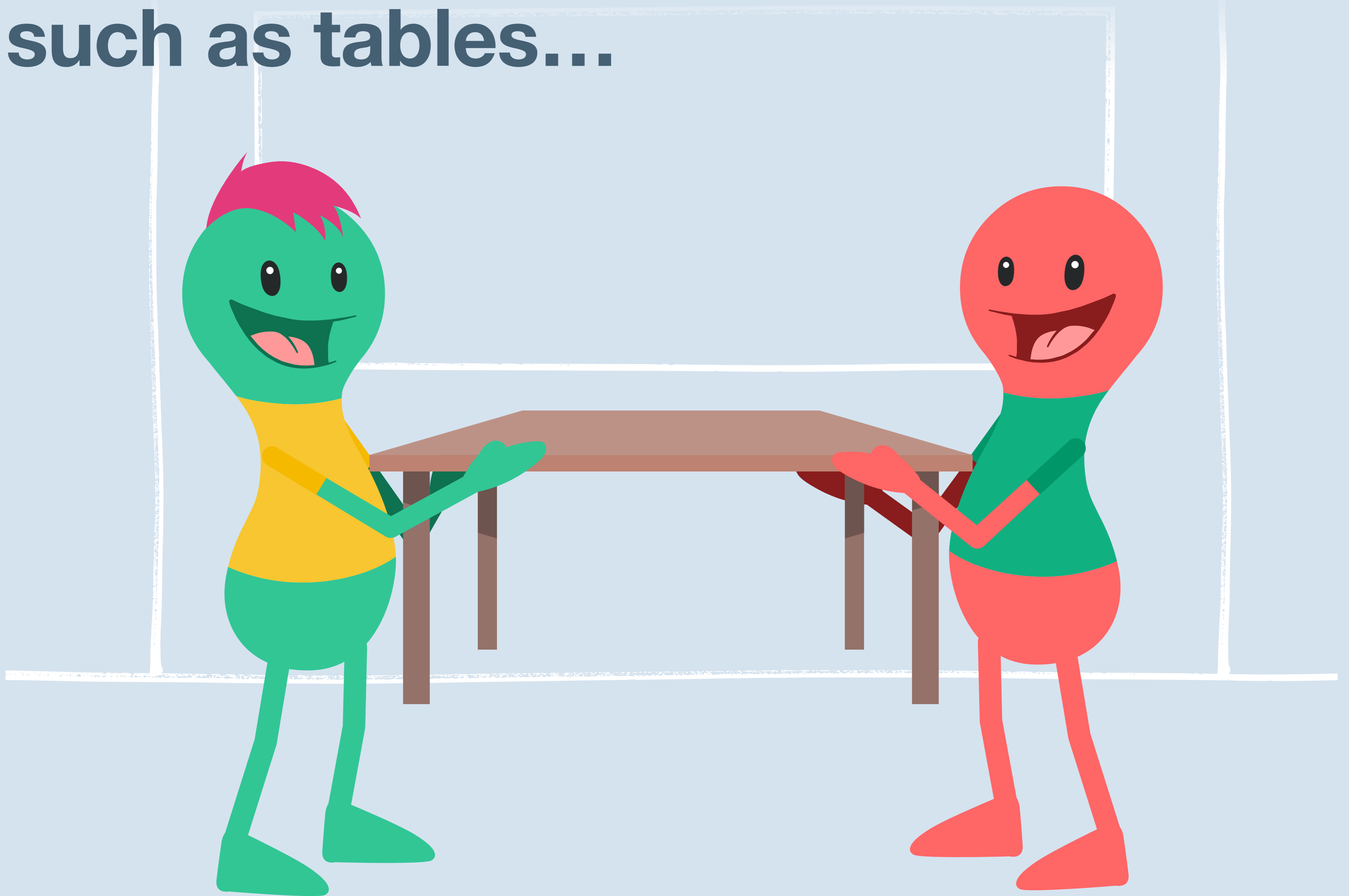
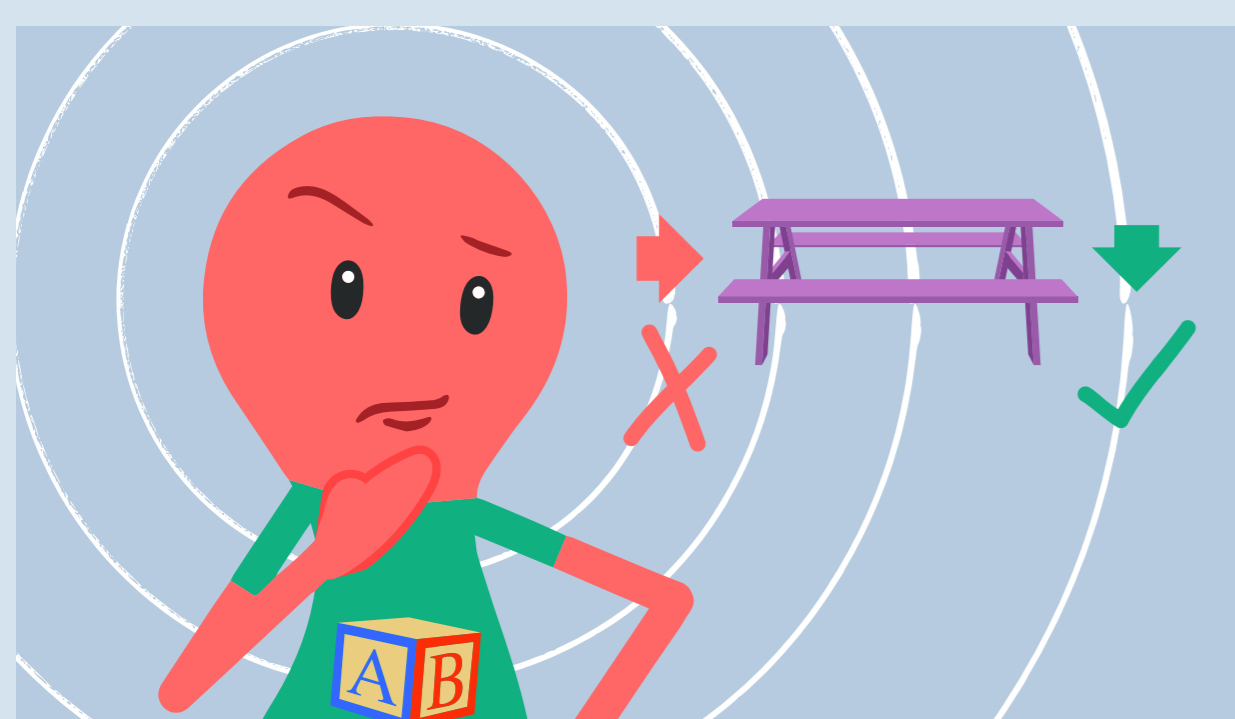


# How to avoid workplace injuries.

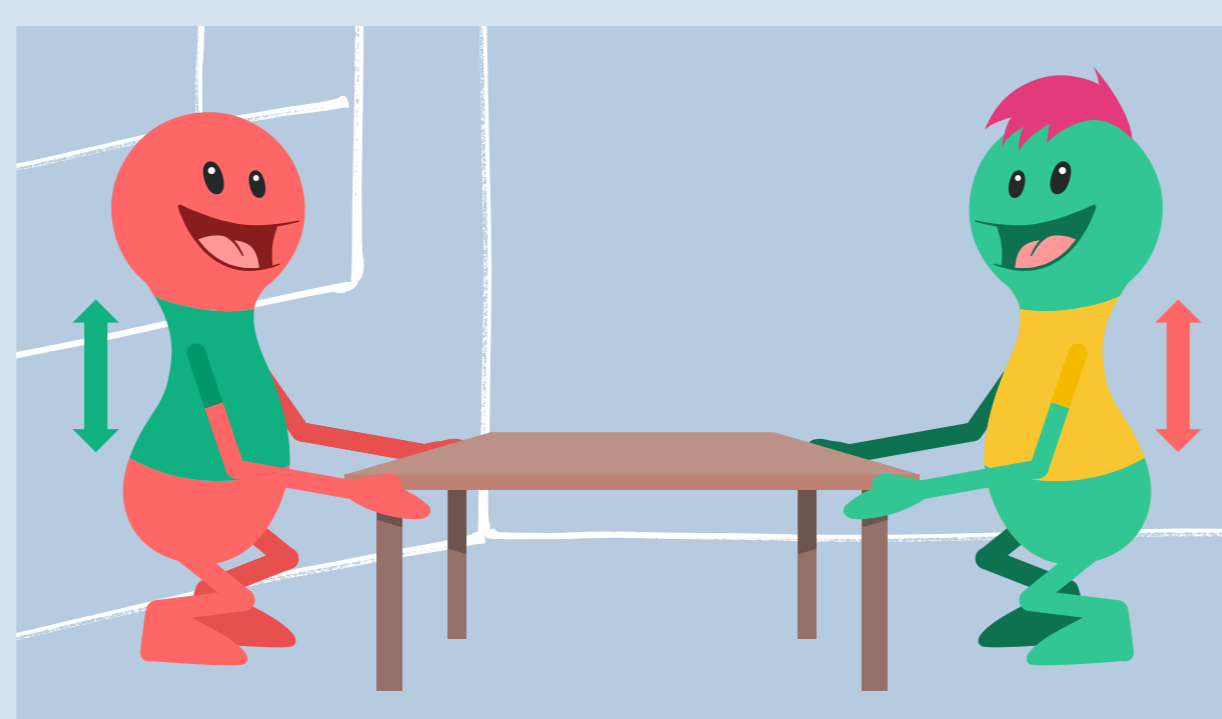
## When moving furniture, such as tables...



Share the load with a colleague.



Reconsider if it really needs to be moved.



Use correct lifting technique by bending your knees, not your back.



Where possible, use a trolley rather than carrying.

To lodge a claim with Guild Insurance, go to [guildinsurance.com.au/claims](https://www.guildinsurance.com.au/claims)  
If you are unsure if an incident needs to be lodged as a claim, speak to your Guild account manager.  
For any other information or advice, contact Guild on **1800 810 213** or visit [guildinsurance.com.au](https://www.guildinsurance.com.au)

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