

FOOD WORKERS DEMAND A HEALTHY AND SAFE WORKPLACE



**LIFTING CAN MAKE YOUR
BACK PAINFUL**



We demand that workers should not have to carry heavy weights.

- Forklifts, conveyor belts and pulleys can carry heavy weights.
 - 2 Workers can carry heavy weights.
 - Heavy bags must have handles.
 - Lifting heavy weights makes you tired.
- We demand more rest breaks.**

IZISEBENZI ZOKUDLA ZIPHOQELELA IZINDAWO EZIPHEPHILE NEZINEMPILO.



**UKUPHAKAMISA
KUNGENZA UMHLANE
WAKHO UBE BUHLUNGU.**

Siphoqelela ukuthi izisebenzi zingaphakamisi izinto ezinzima.

- Amafoklifti, amakhonveya belti kanye namaphuli yizo ezifanele ukuphakamisa izinto ezinzima.
 - Izisebenzi ezimbili zingaphakamisa izinto ezinzima.
 - Amasaka anzima kufanele abe nezibambo.
 - Ukuphakamisa izinto ezinzima kubangela ukuthi ukhathale.
- Siphoqelela ukuthi kubekhona izikhathi zokuphumula.**