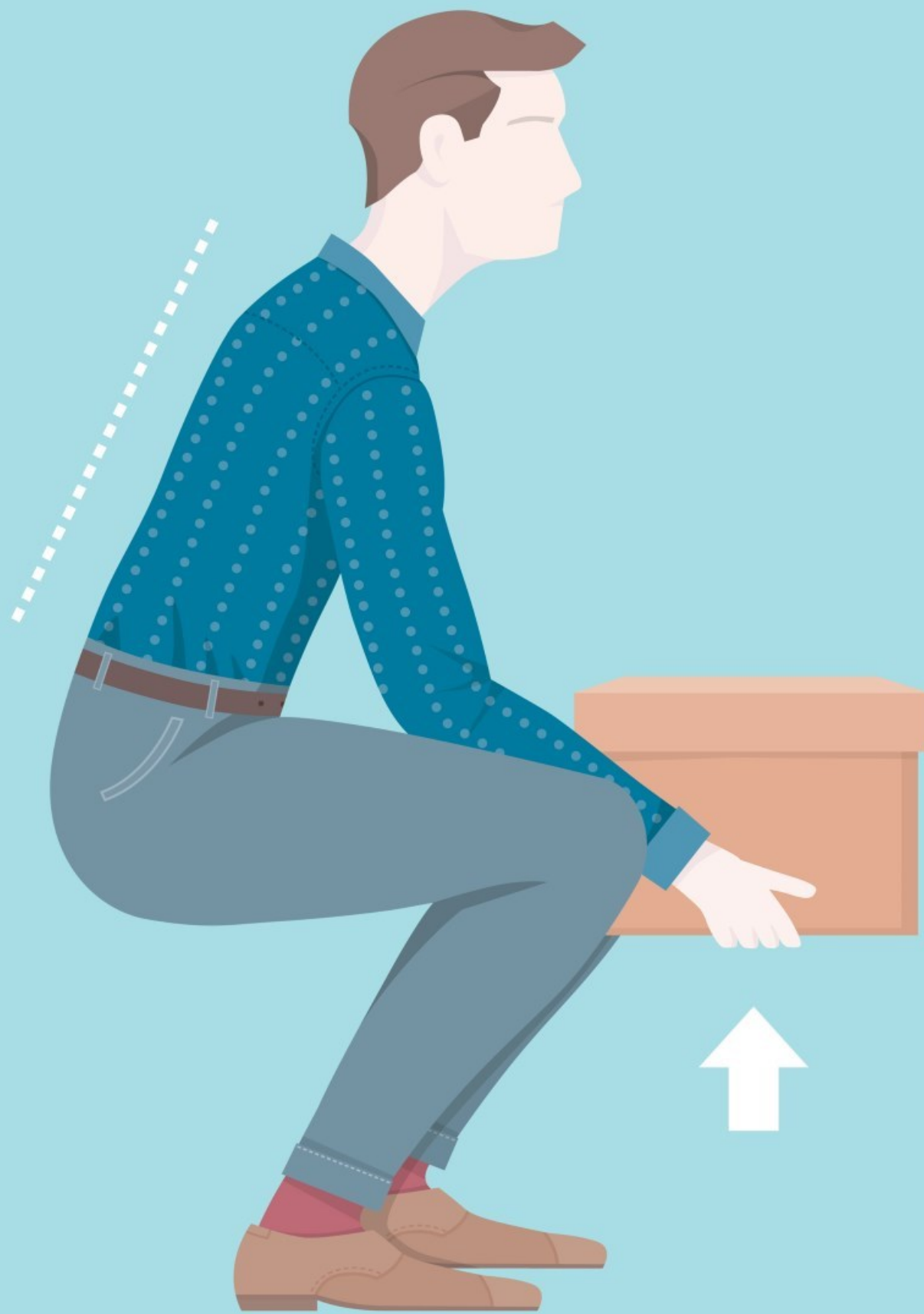


# SAFE LIFTING IN FOUR STEPS

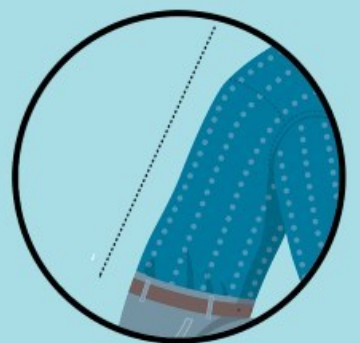


TURN WITH YOUR FEET,  
NOT YOUR BACK



KEEP YOUR FEET  
SHOULDER WIDTH APART

KEEP YOUR  
BACK STRAIGHT



BEND YOUR KNEES

