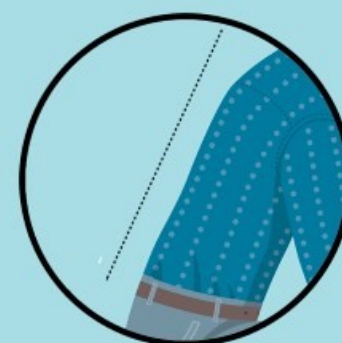


SAFE LIFTING IN FOUR STEPS



TURN WITH YOUR FEET,
NOT YOUR BACK

KEEP YOUR
BACK STRAIGHT



KEEP YOUR FEET
SHOULDER WIDTH APART

BEND YOUR KNEES

