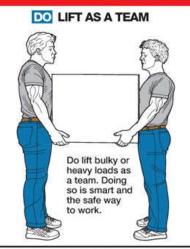
IFTING DO'S & DON'TS



DO TURN WITH LEGS



Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.

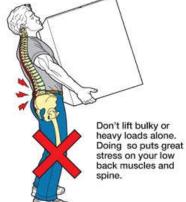
DO USE YOUR LEGS

Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.

DO USE EQUIPMENT



DON'T LIFT BULKY LOADS ALONE



DON'T TWIST WHEN LIFTING



DON'T USE YOUR BACK

Don't lift the load with your rear end high and your lead low. Use your leg muscles, not your weaker



DON'T LIFT HEAVY LOADS

