

How to Lift Safety



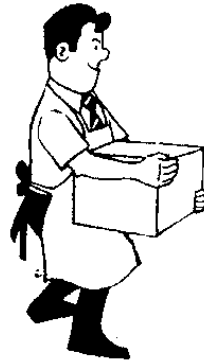
Size up the load.
Consider the weight and your physical ability.



Place your feet close to the load.



Squat down, bending your knees and keeping your back straight.



Stand up slowly, using your leg muscles.



Avoid twisting your back while lifting.



Turn your body with changes in your foot position.



Set the load down by bending your knees and using your leg muscles.