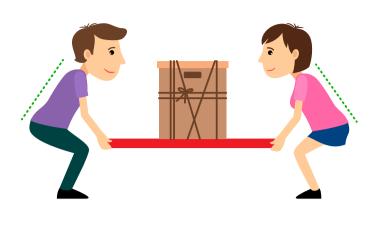
LIFTING TECHNIQUES



DO lift as a team



DO lift with your knees





DO NOT lift bulky loads alone



DO NOT lift with your back



Lift safely and prevent back injuries!





DO turn with your legs DO NOT twist your back when lifting

