WORKPLACE SAFETY LIFTING TIPS



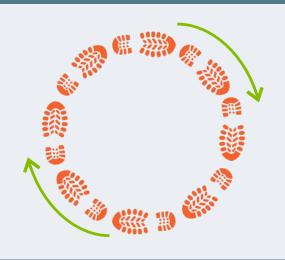




BEND HIPS AND KNEES; CHEST AND HEAD UP

LIFT IN ONE SMOOTH MOTION





TURN WITH YOUR FEET, NOT YOUR WAIST

