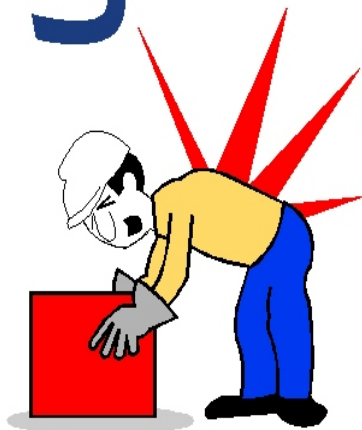


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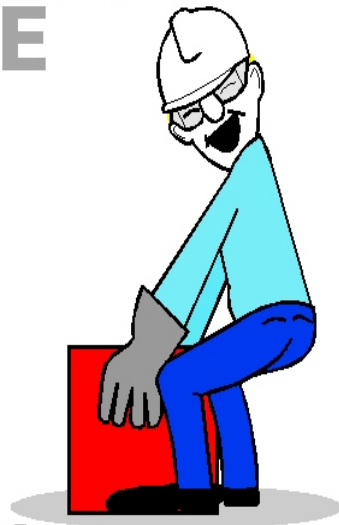
5 SIMPLE STEPS



93% of all Back Injuries are an accumulation of Events using improper body configuration.

SAMPLE YES

1. MOVE LOAD CLOSE.
2. KEEP BACK STRAIGHT.
3. BEND YOUR KNEES.
4. LIFT WITH YOUR LEGS.
5. GET HELP IF NEEDED.



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