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# PREVENT BACK INJURY WITH THESE SIMPLE RULES.

**1. SIZE UP THE LOAD!**

**2. PLAN THE JOB.**

**3. ESTABLISH BASE OF SUPPORT.**

**4. BEND YOUR KNEES, AND LIFT WITH YOUR LEGS.**

**5. GET A GOOD GRIP.**

**6. KEEP THE LOAD CLOSE.**

**7. PIVOT DON'T TWIST.**

**8. PUSH, DON'T PULL, ESPECIALLY WHEN MOVING LARGE OBJECTS SUCH AS A PALLET ON WHEELS OR FILE CABINET ON A DOLLY, ETC.**

## SAMPLE ORDER #GG80

**PARTNERS IN SAFETY  
AND LOSS CONTROL**

**IF IT'S TOO BIG  
OR TOO HEAVY,  
GET HELP!**

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