

glenngraphics

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Another
safety
recipe!

LIFT WITH YOUR LEGS... NOT YOUR BACK!

IF IT IS TOO BIG OR TOO HEAVY...GET HELP!

DO THIS!

1. SIZE UP THE LOAD!
2. GET HELP IF NECESSARY.
3. ESTABLISH BASE OF SUPPORT.
4. BEND YOUR KNEES.
5. GET A GOOD GRIP.
6. KEEP THE LOAD CLOSE.
7. LIFT WITH YOUR LEGS.
8. PIVOT DON'T TWIST.

NOT THIS!



SAMPLE

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