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# 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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