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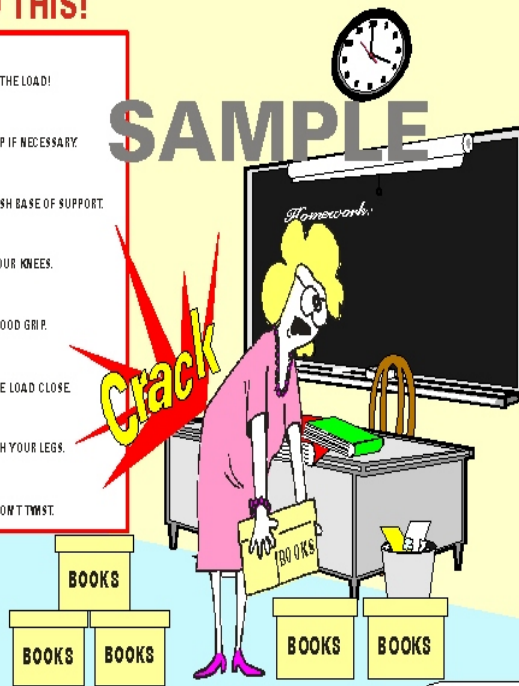
# LIFT WITH YOUR LEGS... NOT YOUR BACK!

## 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.

SAMPLE

Crack



PARTNERS IN SAFETY  
AND LOSS CONTROL

always remember...  
IF IT'S TOO BIG OR TOO HEAVY  
GET HELP!

ORDER #SKTL1

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