

# Safe Lifting

Use Your Head and Save Your Back!



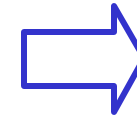
*Means  
using  
your  
head!*



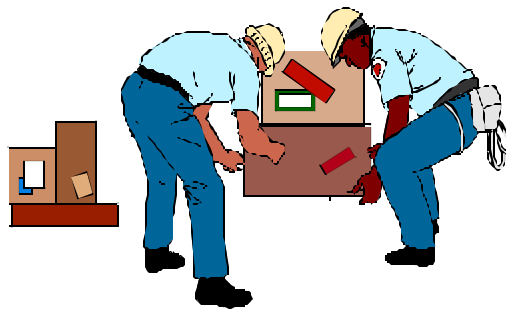
•**STAND**  
close to  
the load



•**Bend**  
your  
knees -  
not  
your  
back!



•**Let**  
your  
legs do  
the  
lifting



Get Help  
with  
heavy or  
awkward  
loads!



Use  
the  
right  
tools!