SAFE LIFTING

**DO**
- Keep your back straight.
- Squat or lunge to the item. Bend your knees.
- Stand up and lift with your legs.
- Stand with arms and item near your body.

**DO NOT**
- Bend at your back.
- Keep your legs straight.
- Lift with your arms or back.
- Stand far from item.

**FOR HEAVY / BULKY ITEMS**
- Ask for help.
- Use equipment.

**DO**
- Lift in your Power Zone.

[DANGEROUS ZONE]

[POWER ZONE]