

PREVENT INJURY WITH SAFE LIFTING IN 3 EASY STEPS!

1



**SQUAT DOWN
WITH A
STRAIGHT
BACK** next to
the item you
are lifting.

2



**LIFT STRAIGHT
UP,** using your
legs for power.

3



CARRY the
item **AGAINST
YOUR
ABDOMEN,** in
your power
zone.

**SAFETY
FIRST**

