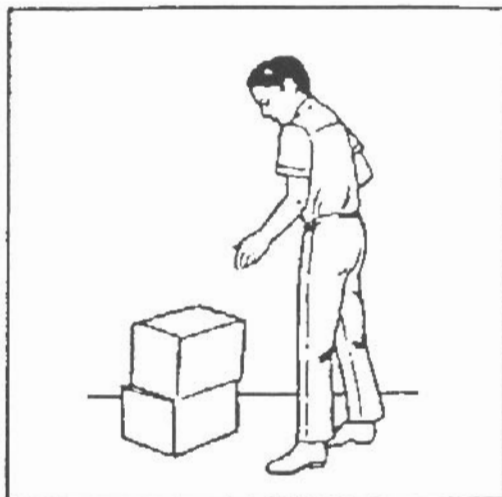


Four Ways to Avoid Hurting Your Back



1 Avoid Overloading

- Check the load's size, weight and shape.
- Slightly lift one corner of the load to determine if it is too heavy for you to lift.



2 Position the Load

- Straighten back and tighten stomach muscles.
- Position both feet around the load.
- Place your hands on the opposite corners of the load.
- Pull the load close to you.



3 Never Twist

- Turn your foot in the direction you want to go.
- Turn your body in the same direction as you step into your stride.



4 Lift Properly

- Straighten back and tighten stomach muscles.
- Position both feet around the load.
- Bend at the knees while keeping your back straight.
- Place your hands on the opposite corners of the load.
- With your back straight, lift the load using your legs.