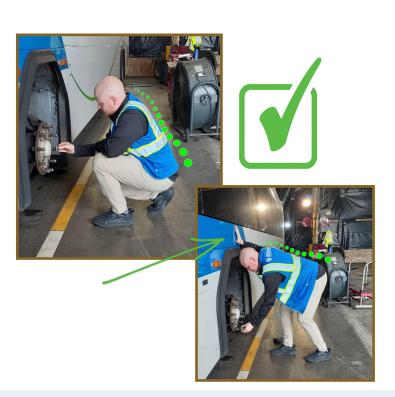




Supporting Your Investment in People

## **Low Work Safety**





- Staggered stance can be easier on the legs and back
- Build a bridge to provide stability, you can brace on a solid object or your own leg
- Focus on keeping your head up and your back straight