

Protect Your Back



- Feet close to the base of the object to be lifted
- Face the object squarely
- Bend your knees, lower your hips and squat over the item to be lifted
- Still squatting, the feet should be set with legs pointed right at the load
- Keep the back straightened and flat
- Grasp the load with both arms and slowly stand up with it, pushing up with the leg muscles