



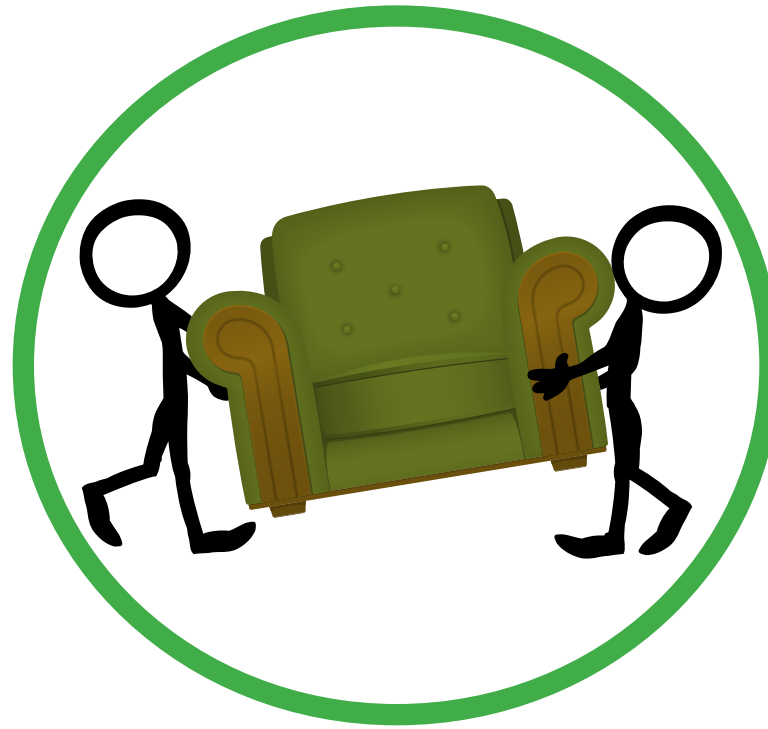
# Save Your Back



DON'T OVERLOAD.



BEND AT KNEES, NOT WAIST.



LIFT WITH A BUDDY.



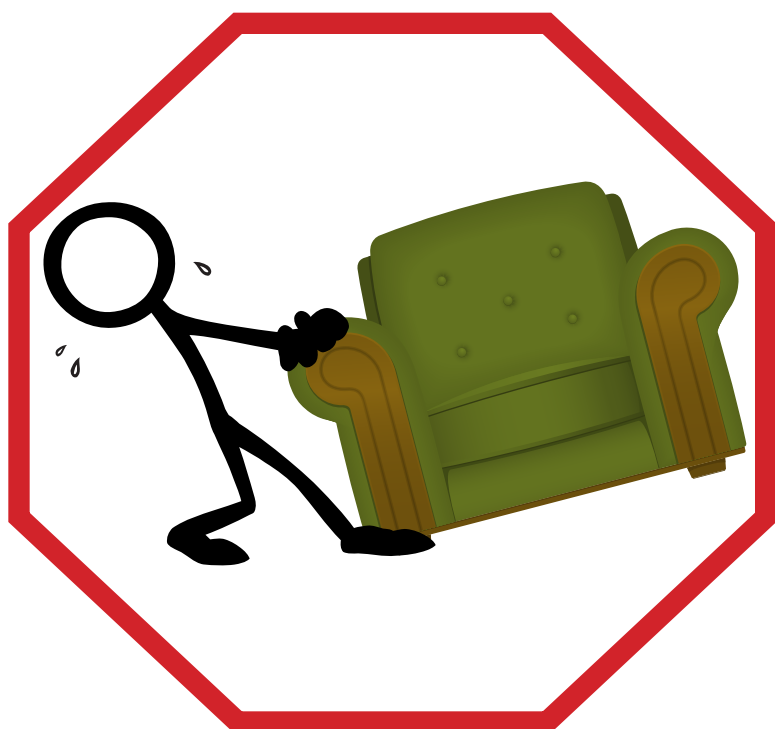
USE A CONVEYOR OR SLIDE.



DON'T LIFT HEAVY ITEMS.



USE A HAND TRUCK OR CART.



PUSH. DON'T PULL.



USE PROPER EQUIPMENT.

