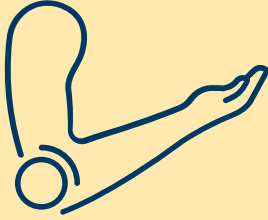


Remember these **STEPS** for Safer Lifting



Elbows In

Keep elbows in when lifting and carrying to improve strength and protect your shoulders and back.



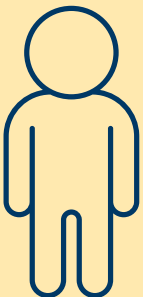
Stagger Stance

Stagger your stance for improved stability and to get closer to objects.



Pivot

Pivot and move your feet in the direction of your reach.



Neutral Posture

Maintaining neutral posture improves strength and reduces strain.