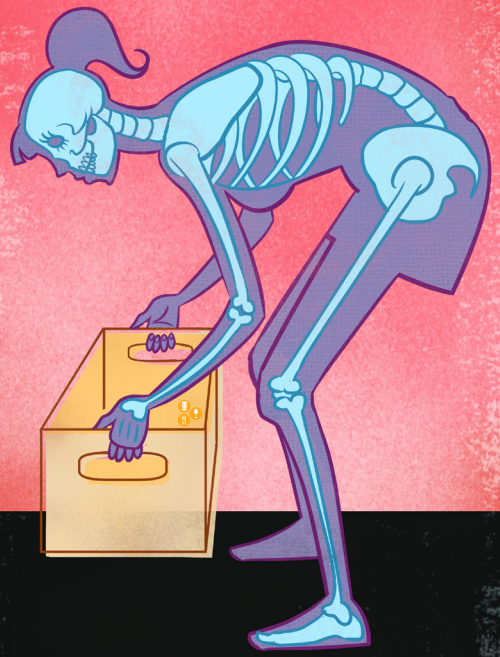
TIPS FOR SAFE LIFTING

SQUAT LIFT

Keep your back straight

Bend with your knees and hips

STOOP LIFT



Bend with your back instead of your legs

Puts less strain on the heart

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FREESTYLE LIFT

Do what is easiest and most comfortable

You can bend both your back and legs

Rest the load on your thighs if needed

1. Don't trip! Plan your carry route before lifting.
2. Tighten your core muscles.
3. Grip with your whole hand.
4. Avoid twisting while lifting.