

# Safe Lifting and Carrying

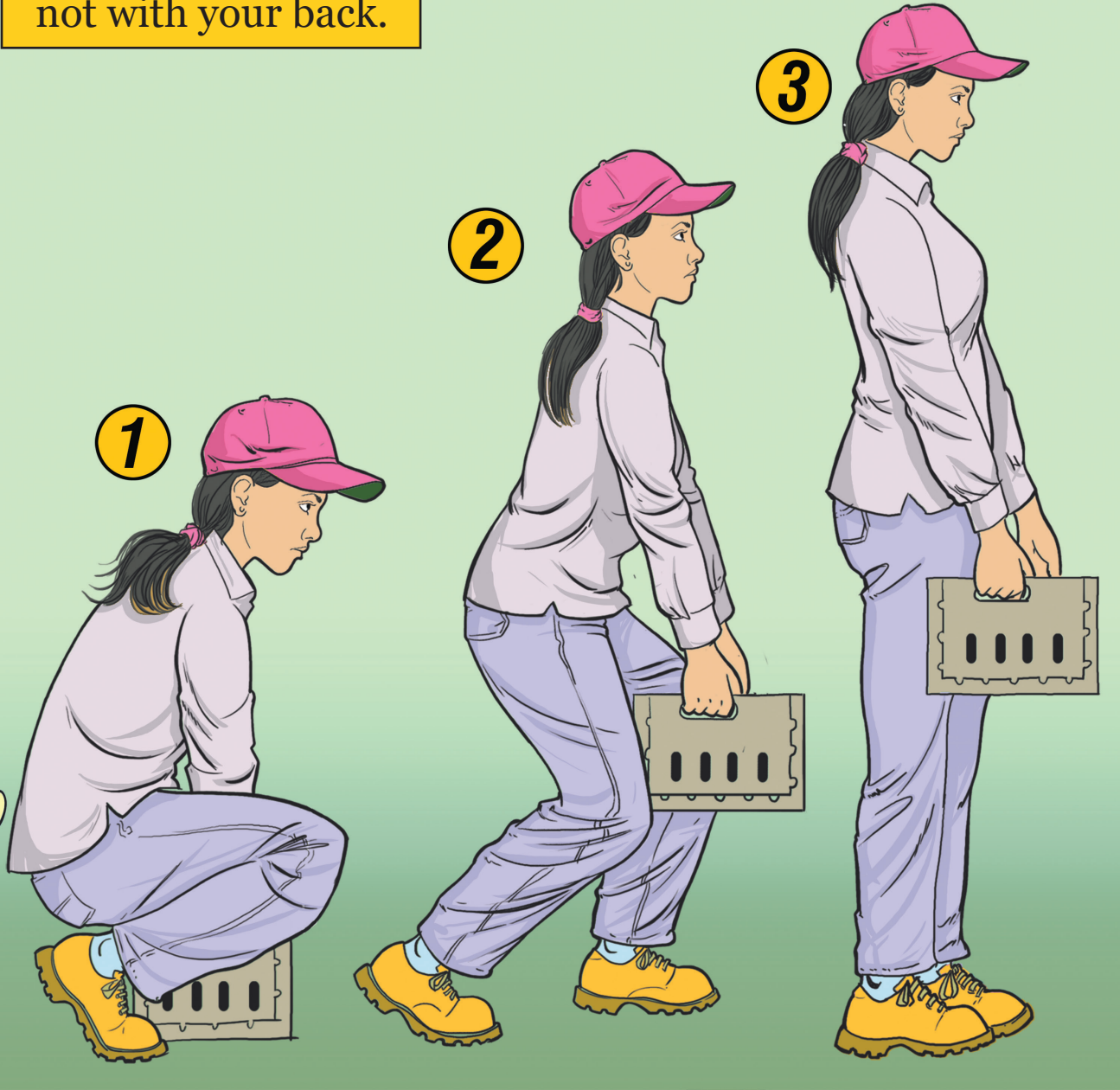
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Remember to always lift with your legs, not with your back.



When possible, use pallet jacks or carts to move heavy loads.



When doing repetitive tasks, try and change positions frequently.

