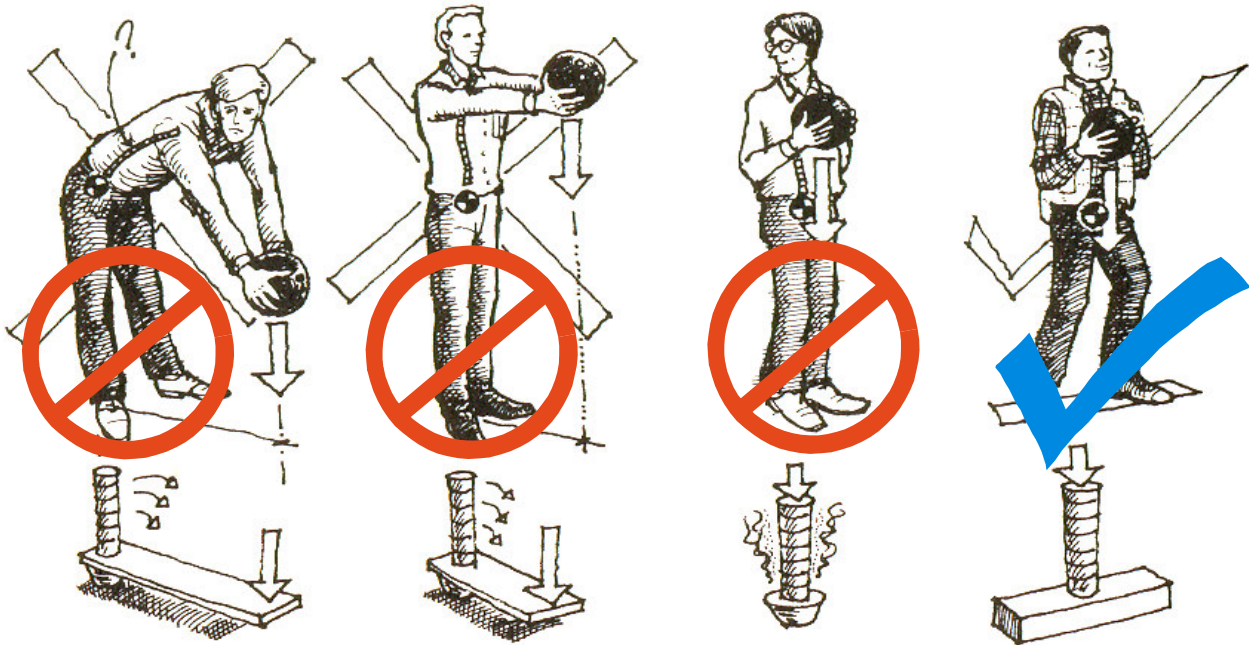
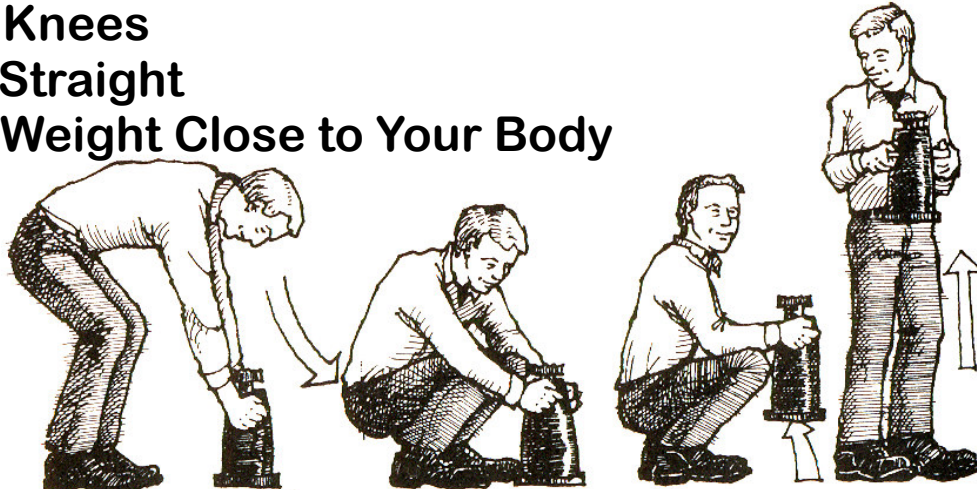


Lifting Properly

1. Squat Down
2. Bend Knees
3. Back Straight
4. Keep Weight Close to Your Body



**Use Your
Legs Not
Your Back**

**The further away
the weight is
from your body
The more stress
On your Back**

**Don't Twist at
the Waist
Change
Position With
Your Feet**

**Good
Form**



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