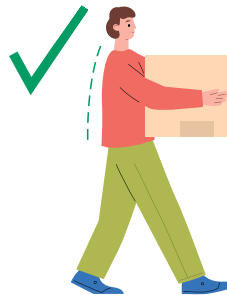
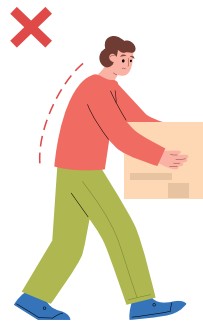


Lift Smarter, Not Harder

Safe Lifting for a Healthier Body



Tip 1:
Squat down,
feet apart,
straight back

Tip 2:
Lift with legs,
back straight

Tip 3:
Hold close,
don't twist

Tip 4:
Use support tools
or get help if it's heavy



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