

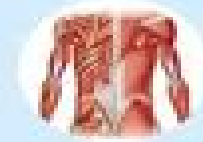
TOP TIPS FOR SAFE LIFTING

DO

- Assess the load
- Position your feet shoulder-width apart
- Bend your knees and keep your back straight
- Lift with your legs
- Hold the object close to the centre of your body; engage your core muscles by pulling them inward and upwards on exhalation
- Grip with the palms of your hands



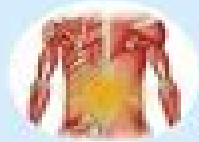
Healthy Back Muscles



Healthy Spine



Back Strain



Herniated Discs



DON'T

- Don't lift it if it's too heavy
- Don't bend your back
- No twisting — feet, knees, and torso should point in the same direction
- Don't lift above your chest level
- Take extra care lifting awkward-shaped objects

Manual Lifting Safety Guide

Camilla Rothe

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Manual Lifting Safety Guide:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Manual Lifting Safety Guide**

In some sort of inundated with displays and the cacophony of fast transmission, the profound energy and emotional resonance of verbal artistry often fade in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, set within the lyrical pages of **Manual Lifting Safety Guide**, a captivating function of fictional splendor that pulses with natural feelings, lies an remarkable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, that magical opus guides visitors on a mental odyssey, delicately exposing the latent potential and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is key styles, dissect their captivating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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