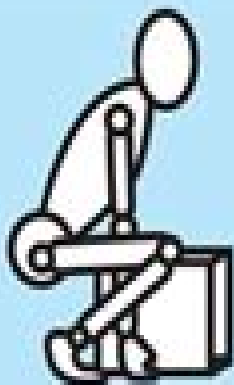
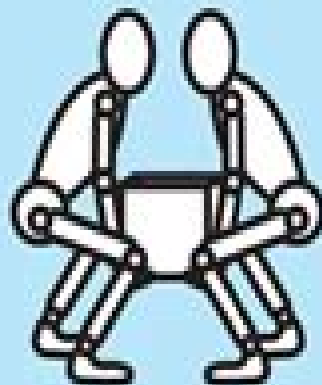


EIGHT COMMANDMENTS OF LIFTING



1. Plan your lift and test load



2. Ask for help



3. Get a firm footing



4. Bend your knees



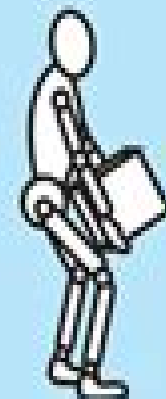
5. Tighten your stomach muscles



6. Lift with your legs



7. Keep the load close



8. Keep your back upright

Mcdonalds Manual Handling

Camilla Rothe



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