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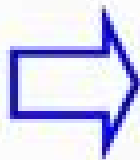
...means using your head!



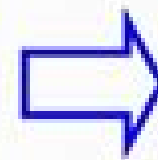
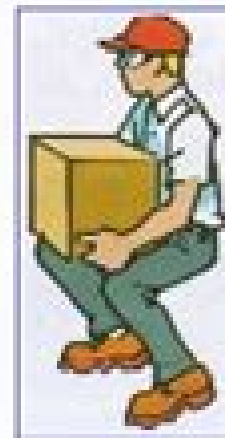
Use your head; save your back.



STAND
close to
the load.



Bend
your
knees,
not
your
back!



Let
your
legs do
the
lifting.



Get help
with
heavy or
awkward
loads!



Use the
correct
tools!

Manual Handling Safe Lifting Ppt

Julia Schneider



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