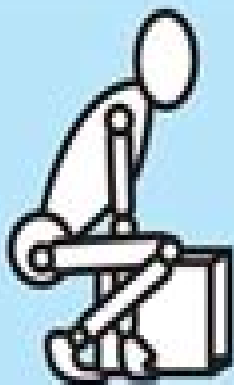
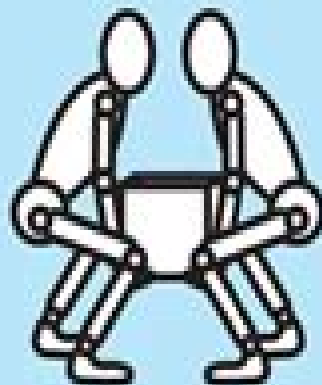


# EIGHT COMMANDMENTS OF LIFTING



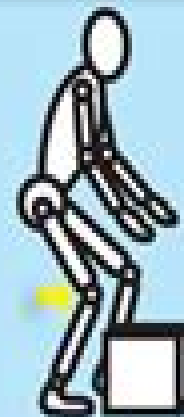
1. Plan your lift and test load



2. Ask for help



3. Get a firm footing



4. Bend your knees



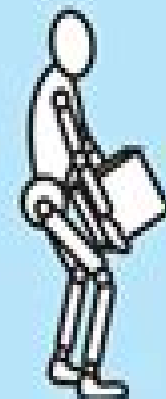
5. Tighten your stomach muscles



6. Lift with your legs



7. Keep the load close



8. Keep your back upright

# Mcdonalds Manual Handling

**Zhe Xu**



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