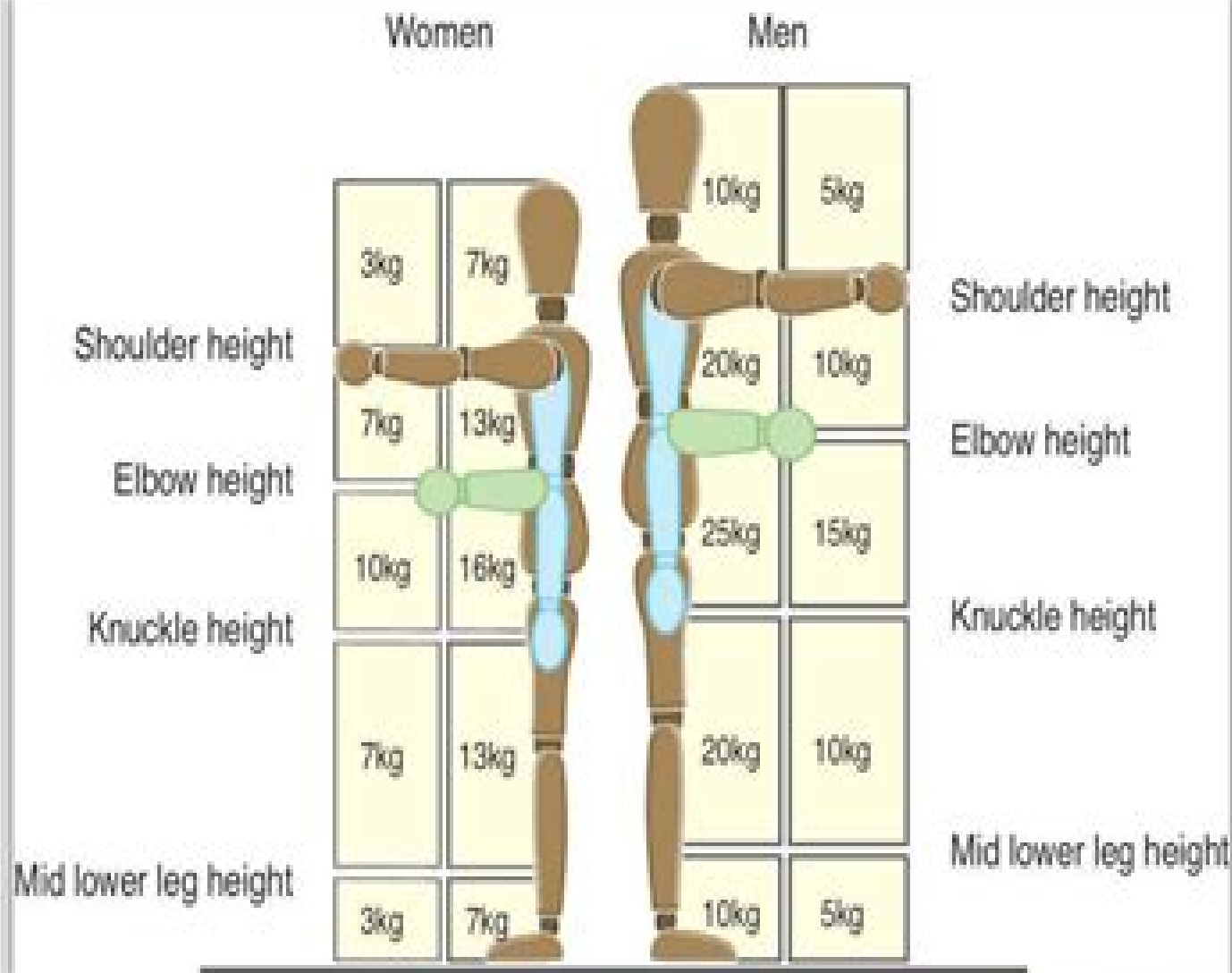


Recommended Maximum Lifting Weights



TIPS

Keep the load close to the waist:

Keep the load close to the body for as long as possible while lifting.

Keep the heaviest side of the load next to the body.

Adopt a stable position:

Feet should be apart with one leg slightly forward to maintain balance.

Be prepared to move your feet during the lift to maintain stability.

Start in a good posture and maintain it throughout the lift:

At the start of the lift, slight bending of the back, hips and knees is preferable to fully flexing the back (stooping) or fully flexing the hips and knees (squatting).

Don't flex the back while lifting.

Avoid twisting the back or leaning sideways.

Keep the head up when handling.

Move smoothly.

Maximum Manual Lifting Weight

**Phil Hughes, Ed Ferrett, Phil Hughes
MBE**



Maximum Manual Lifting Weight:

Reviewing **Maximum Manual Lifting Weight**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Maximum Manual Lifting Weight**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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