

OBSERVE, THINK, ACT!

LIFTING

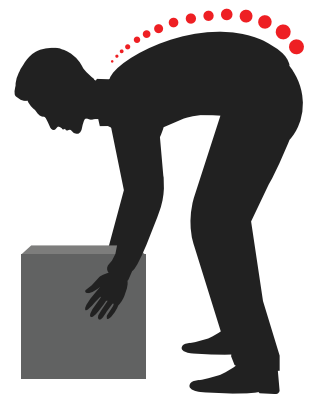
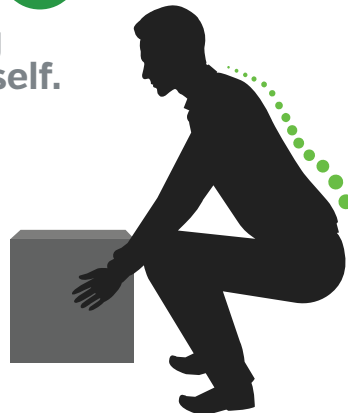
The Safe Way

- **Never lift beyond your strength. Get help.**
- **Always crouch down to what you are going to lift. Don't bend down to the load.**
- **Get a good footing, placing your feet about shoulder width apart.**
- **Lift gradually. Don't jerk upward.**
- **Avoid twisting motions by shifting the position of your feet.**
- **Lift by standing up or pushing up with your leg muscles. This takes the strain off your back muscles.**
- **To put down a load, generally reverse the above methods.**

If you don't follow these safe-lifting rules, you may severely injure yourself.



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GADE, PANSE, AJI!

LEVE CHAY

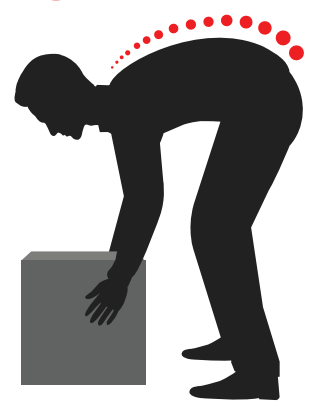
Kijan Pou Fè Sa

- Pa janm leve chay ki twò lou pou ou. Mande èd.
- Toujou kole sou sa w pral leve a. Pa panche sou chay la.
- Pran bon pozisyon, mete pye w apeprè nan menm lajè zepòl ou.
- Leve l dousman. Pa pran li britsoukou.
- Evite fè mouvman k ap fè pye w vire.
- Souleve chay la pandan w ap leve oswa tout tan w ap pouse mis janm ou. Sa ap pèmèt ou soulaje mis ki nan do w yo.
- Pou depoze chay la, fè metòd ki pi wo yo a lanvè.

Si w pa respekte mezi sekirite sa yo, ou riske blese gravman.



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