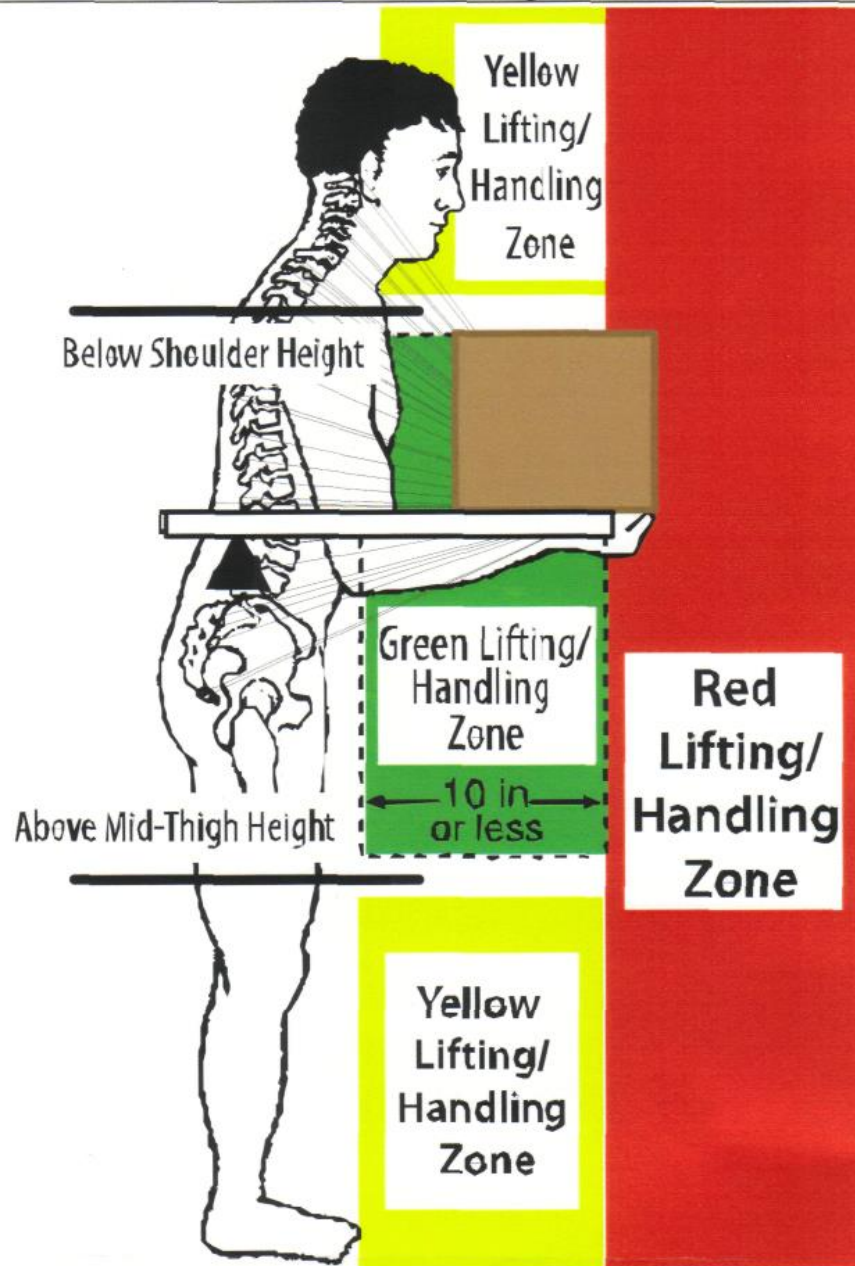


Lifting

WATCH YOUR ZONES

when handling materials and lifting!



- ✓ Get Close – Stay in the Green Zone
- ✓ Bend your knees with each lift
- ✓ No moderate or far reaches – Stay out of Yellow and Red Zones