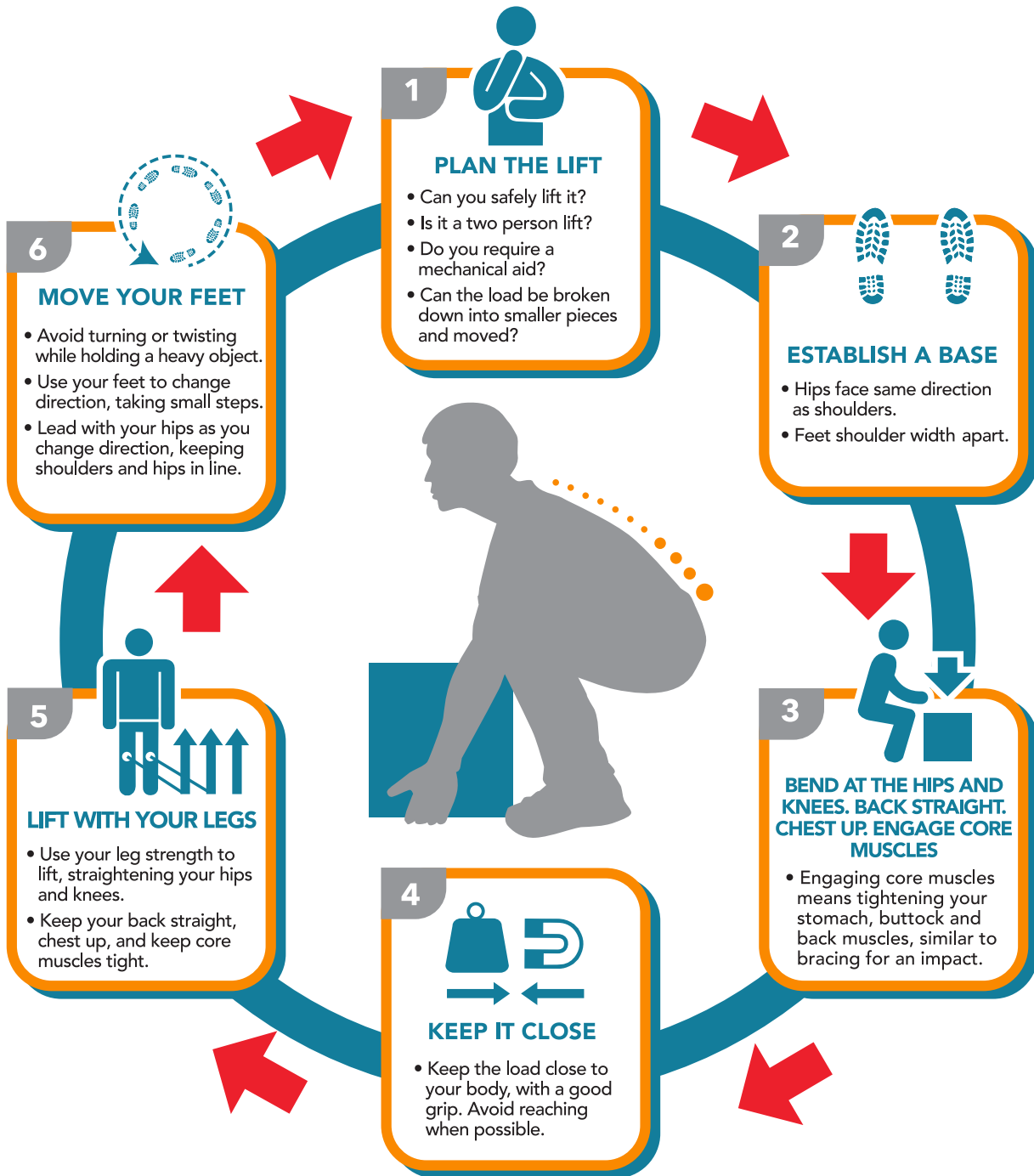


# PROPER LIFTING

THINK TWICE - LIFT ONCE



Lower objects the same way you lift them – knees bent, back straight, core muscles engaged.



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