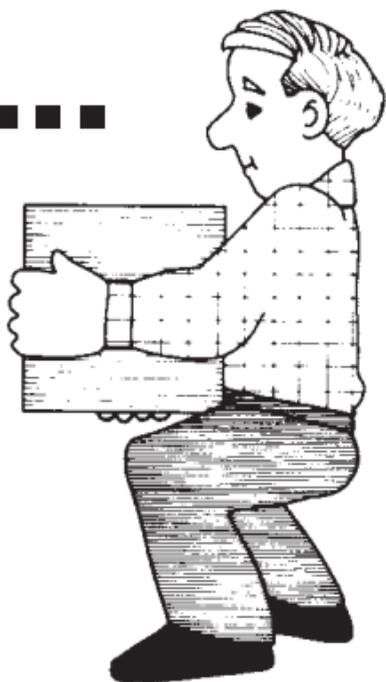


WHEN LIFTING...

- **Keep the load close**
- **Don't twist while lifting**
- **Turn by shifting your feet**
- **Get help if needed**



Safety Message from
Michigan Department of Labor & Economic Growth
Consultation Education & Training Division

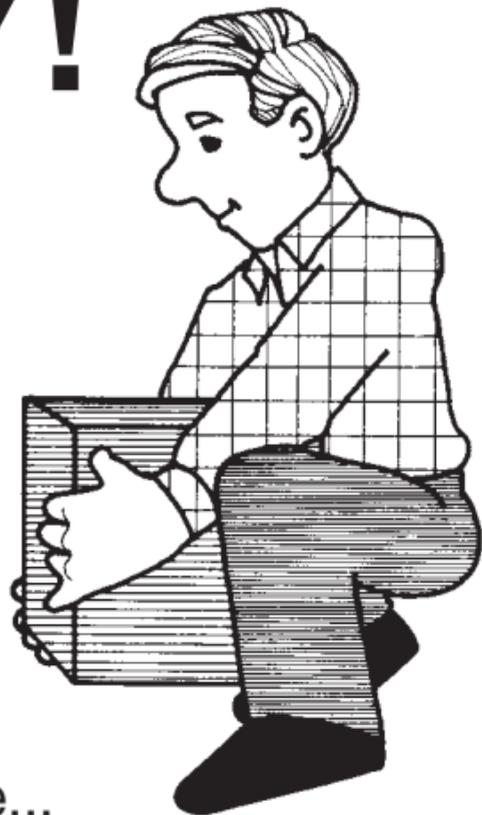
MIOSHA/CET #0203 (12/03)

MIOSHA
Michigan Occupational Safety and Health Administration

LIFT SAFELY!

**Use Your
Legs...**

**Protect Your
Back!**



More...