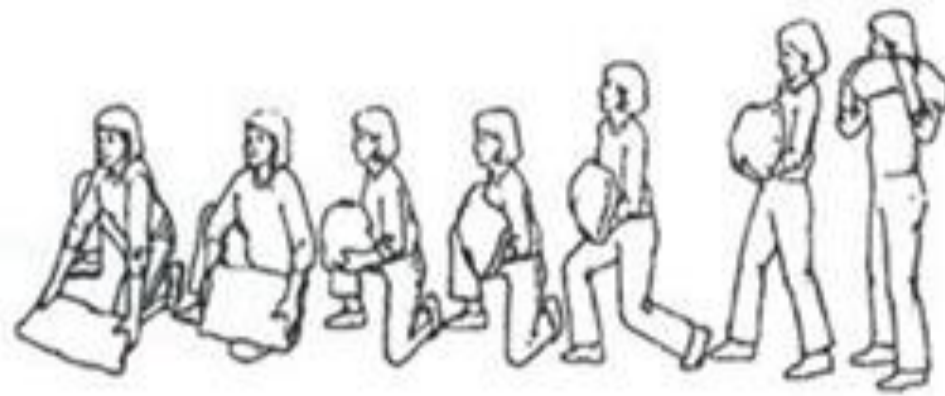


PROPER LIFTING TECHNIQUES



Lean the sack onto your kneeling leg.



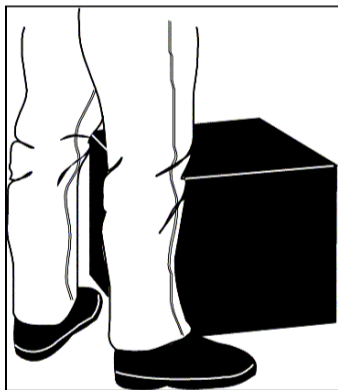
Slide the sack up onto your kneeling leg.



Slide the sack onto the other leg while keeping the sack close to your body.



As you stand up, keep the sack close to your body.



Caution: This technique may be effective only if loads are small, light-weight, and can easily fit between the knees.

