

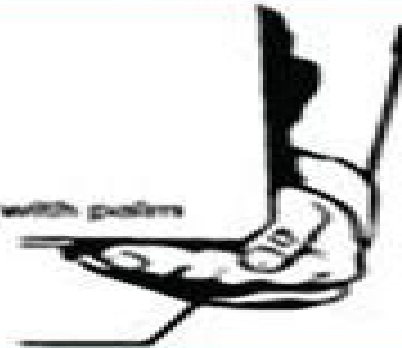
RULES FOR SAFE LIFTING

Feet apart



Direction of travel

Grip with palms



Use knee and leg muscles



Elbows in



Arms close to body

Chin in

Raise head



Feet adjustment safeguards balance

Safe Lifting And Manual Handling

Sebastian Brünink

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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