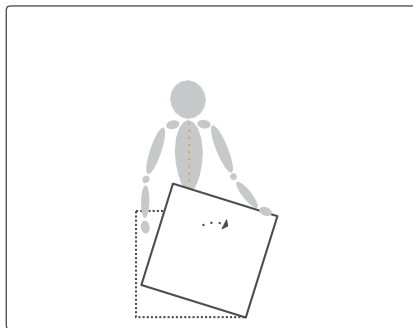


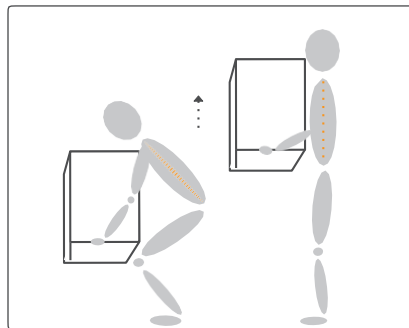


THE BEST WAY TO ... Lift a large, light box off the floor

A large box can be light enough for you to lift on your own. However, if you have to lift the box from the floor, be careful not to strain your back. If you tilt the box, you will get a better grip height, and this will make it easier to lift the box.



Tilt the box to get a higher grip.



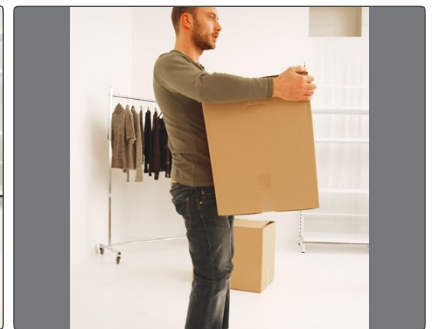
Use your thighs when you lift and keep your back straight.



Tilt the box to allow a better grip height.



Bend your legs, keep your back straight and grab firm hold of the product.



Lift by using your leg muscles and straightening your legs.

MECHANICAL AIDS

None

REMEMBER TO

- Grab hold of the box firmly at its shorter sides
- Tilt the box to get a higher grip
- Bend at the knees and hips when you lift
- Use your thighs when you lift and keep your back straight
- Lift with the load in front of and close to your body