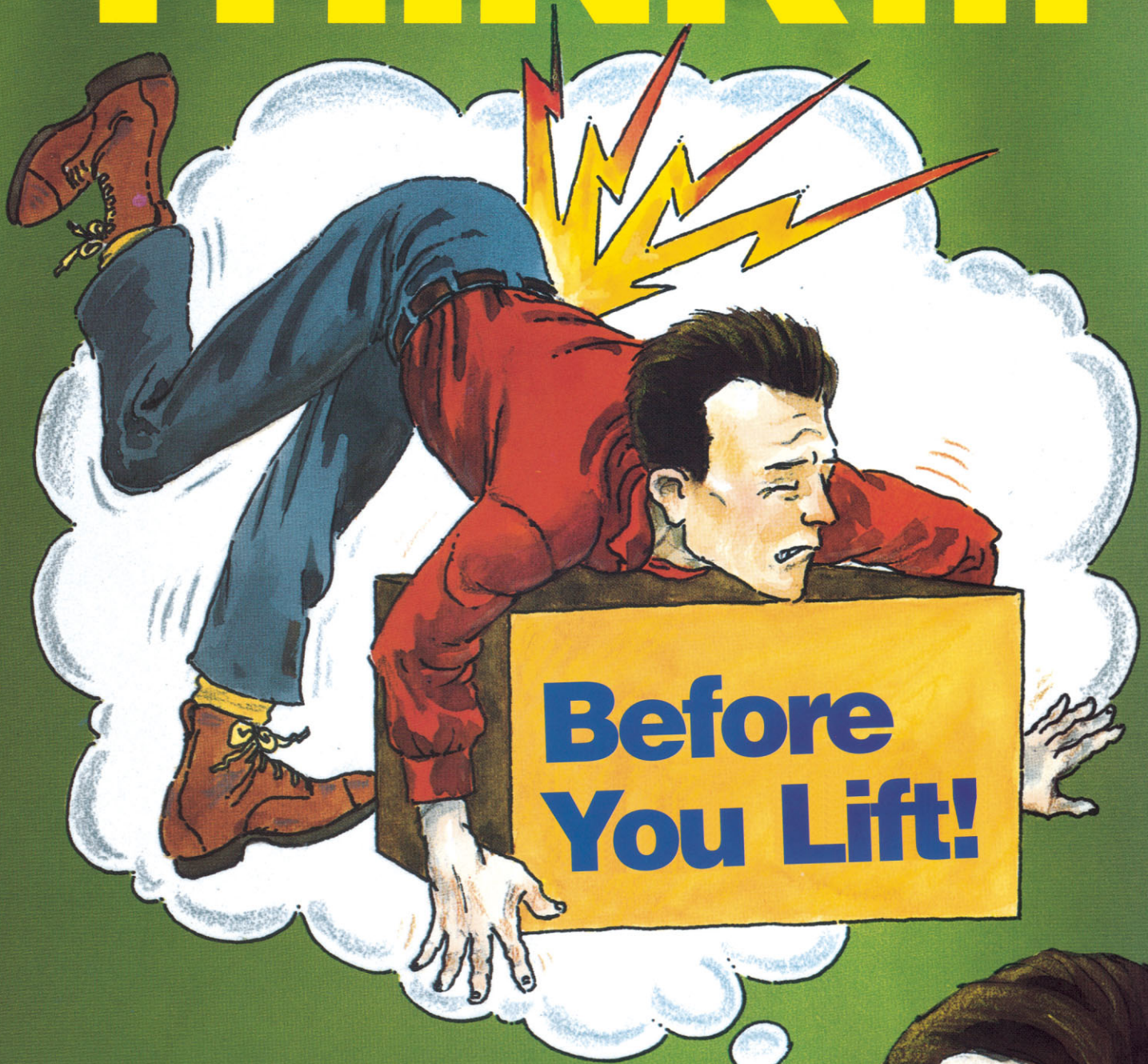


# THINK...



**Before  
You Lift!**

***One wrong move  
could change your life.***

**Protect your back by lifting correctly.**

- ✓ **Squat down**—back straight, knees bent
- ✓ **Get a firm grip** on the package
- ✓ **Stand up slowly**—lifting with your legs

