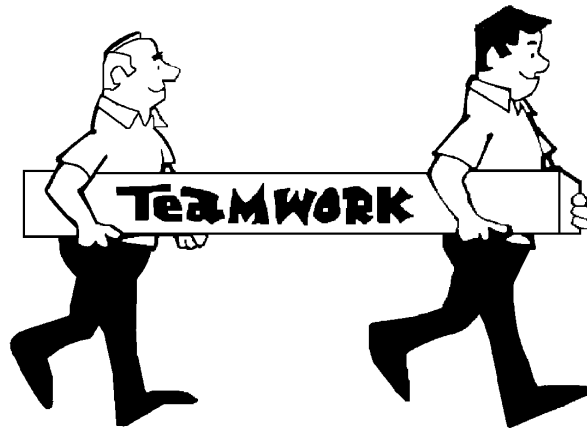


Lifting Awkward Loads

- ◆ Do not carry or lift long objects (such as pipe or lumber) in the traditional way.
- ◆ Do not hold the loads close to the body; instead, support the loads on the shoulder with the front end higher than the back.
- ◆ If the load is too heavy for one person to carry, use the buddy system.
- ◆ The buddy system involves two workers each carrying the load level on the same shoulder.



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