



## One Person Lift

Stand as close to the load as possible -

Bend at the knees, with stomach tucked in and back straight

Firmly hold the load

Lift with legs smoothly

Hold load close to center of body

---



## One Person Lift

Stand as close to the load as possible

Bend at the knees, with stomach tucked in and back straight

Firmly hold the load

Lift with legs smoothly

Hold load close to center of body