

# HOW TO LIFT AND MOVE BOXES SAFELY.

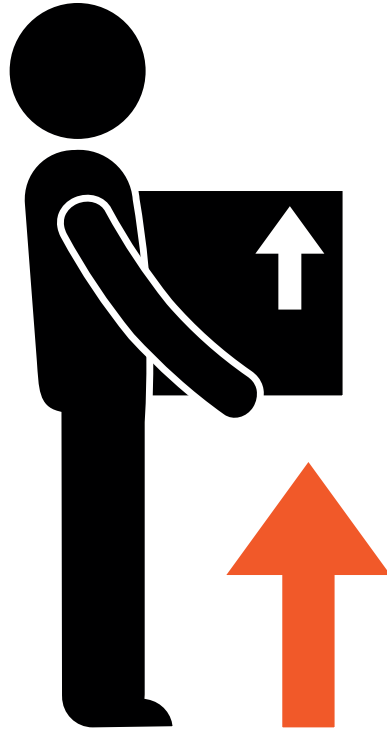
1.



## How to Lift:

1. Bend at the knees
2. Keep your back straight
3. Put your hands under the box

2.



1. Straighten your legs
2. Stand up
3. Keep the box close to your body.

3.



1. Move while carrying the box.
2. Walk slowly forward.
3. Look for things that might be in your way.

4.



## How to Turn:

1. Start turning your feet to where you want to go.
2. Move your whole body in one go.

**TIP:** If the box is too heavy to push with your foot, it is too heavy to lift. Either ask someone to help you or use a trolley!