

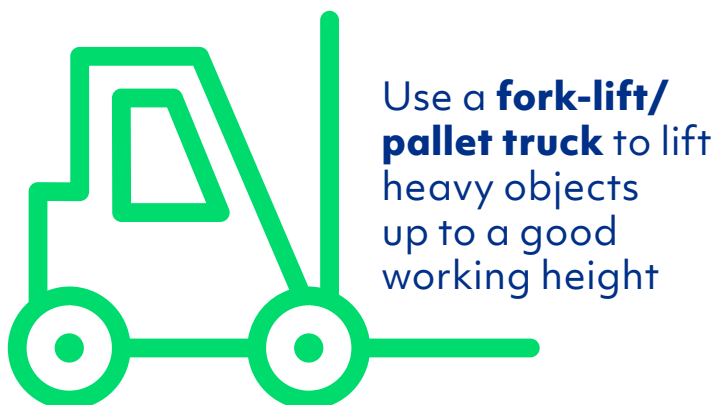
SAFE LIFTING A SAFE WORKING LIFE

Too much physical strain on the body is one of the most frequent causes of wear-out in agriculture. You can prevent this by avoiding lifting heavy objects.

⊗ **When you do have to lift heavy objects, avoid:**

1. ... twisting and bending your back.	2. ... lifting with your arms away from your body.	3. ... lifting with your arms above shoulder height.
--	--	--

✓ **Safe lifting advice:**



Your worklife depends on it