

Name: _____

Date: _____

lifting and lowering

Q D H H L B P O S I T I O N F E E T X F N N G R
A E Z X K S Y D R N N B E F M W D F J A J N G R
S K C A B F O E V R U C L A R U T A N P E E K P
N E J L U J O G E W U V A G A J P M W J Z F P N
O N W H M V Y E T J K K H I E L C A Y M V B I O
I O B M U H D V Z J L J A K L W L A H G W H V I
T Z A B T R G E T C L O S E B G G V F Y I E O T
O R H U W X T U A V Q O D Z T T Q P N Y C U T O
M E T I D C H H Y Y H H Y Z C S C B P N I U D M
E W E M O M G X B I K E F C I J L P H P S L O H
G O E W I Y I N S Q T I X Y V H L G I W E S N T
N P F U S E E X I S T I N G E Q U I P M E N T O
A N E A V T W C I R B B M K S Y A N M G N V T O
R I V R Y R E K R R J U S L O F K S X F K O W M
D H O V W U H W W J F I Y I F D Y M L Q E J I S
N T M A C E T M J C I M S I W K T E U Q H K S A
E I C L X Z T J W O K Z Q T Q N Y Q B Q T D T H
D W Q W D H S Z V L I D O U P S X T S B T H W T
I K P Y R I E K P T S I U X F U V L T S A C Z I
O R H N N K T M L B G W P G P T T Q M J D J F W
V O A M K S V X S G T K X C I A V G M H N Q W T
A W Q Q Q J E C A H D C V I G R A Y G G E A K F
R H I E L C F V P C U P N E L B K P Q P B I D I
J Q P S C U K H Y E P Y F W T D B Y E I V Z Q L

KEEP NATURAL CURVE OF BACK

LIFT WITH A SMOOTH MOTION

AVOID END RANGE MOTIONS

USE EXISTING EQUIPMENT

WORK WITHIN POWERZONE

BEND AT THE KNEES

PIVOT DONT TWIST

TEST THE WEIGHT

POSITION FEET

MOVE FEET

GET CLOSE