



HOW TO LIFT CORRECTLY

**THE
RIGHT
WAY**



LEGS BENT,
BACK KEPT AS STRAIGHT
AS POSSIBLE, LOAD
CLOSE TO BODY, GRIPPED
AT OPPOSITE CORNERS

**THE
WRONG
WAY**



LEGS STRAIGHT,
BACK BENT, PUTS ALL
THE STRAIN ON THE
MUSCLES OF THE
BACK & ABDOMEN

SAFETY TIPS FOR VOLUNTEERS:

1. WEAR COMFORTABLE ENCLOSED SHOES.
2. TAKE YOUR TIME
3. TEST THE WEIGHT OF BOXES **BEFORE** PICKING THEM UP AND ASK FOR HELP AS NEEDED!
4. TAKE A BREAK WHEN YOU'RE TIRED
5. BRING GLOVES AND MASK
6. SLEEP WELL THE NIGHT BEFORE
7. EAT BREAKFAST BEFORE COMING OUT.
LUNCH IS PROVIDED FOR VOLUNTEERS AT NOON.
8. STAY HYDRATED – DRINK PLENTY OF WATER
9. LEAVE CHILDREN AND/OR PETS AT HOME
10. NOTIFY BRIAN SEPOLEN OF YOUR AVAILABILITY