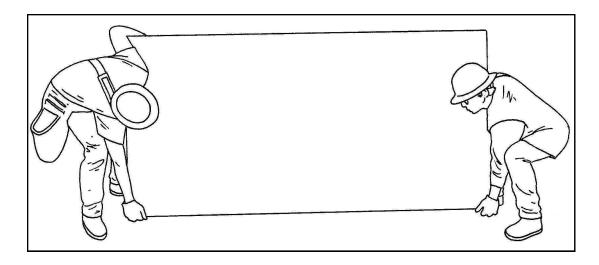


Take a look at these two workers. It is easy to see that they are both using their backs to lift the plywood form.



Now look at the workers. At first it looks like they are both in a wide stance and are using their legs. A closer look will show that the worker on the left, even though he is in a wide stance, is still using his back. To take your back totally out of the lift, you have to bend your knees. The worker on the right is in a wide stance and has bent his knees. That lets his legs do the lifting, keeping his back out of the lift. That is the way you protect your back as you work.

## LIFTING PLYWOOD