Tighten your abdominals and breathe out as you lift.

Use both hands, and grasp opposite corners.

Hold the object close and keep your back straight.

Keep your behind out to balance the load.

Lift using your legs.

Take a wide stance, with one foot slightly forward.

Hold the object close and keep your back straight.

Keep your behind out to balance the load.

Lift using your legs.

Take a wide stance, with one foot slightly forward.

IF IT’S TOO HEAVY, USE A LIFTING DEVICE OR GET SOMEONE TO HELP