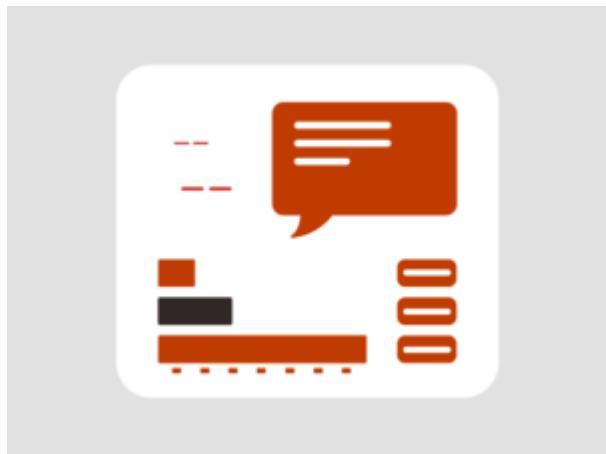


Back Safety Infographic



PREVENT BACK INJURY
BY FOLLOWING THESE LIFTING TIPS

1. KEEP YOUR FEET APART

2. HOLD THE LOAD CLOSE TO YOU

3. LIFT WITH YOUR LEGS

4. LIFT IN ONE SMOOTH MOTION

5. TURN WITH YOUR FEET, NOT YOUR WAIST

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