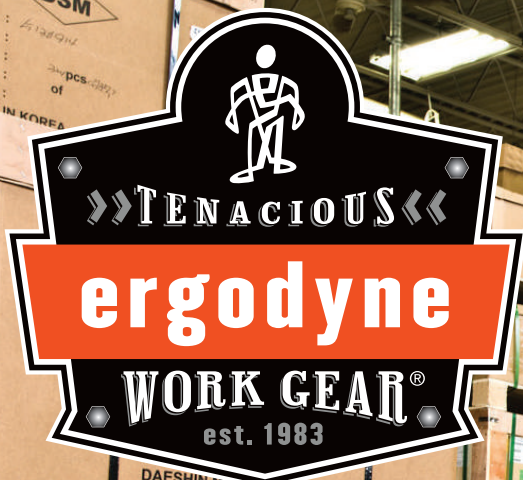




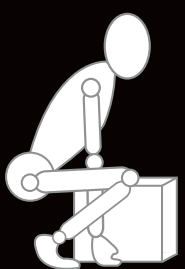
PROPER LIFTING

REDUCE THE RISK OF BACK INJURIES >>>>

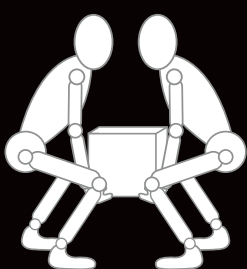
EIGHT COMMANDMENTS OF LIFTING

DID YOU KNOW?

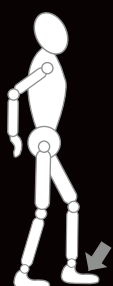
SPRAINS // STRAINS ARE
THE #1 INJURY RESULTING
IN DAYS AWAY FROM WORK



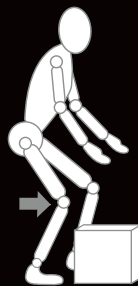
1 Plan your lift
and test the load.



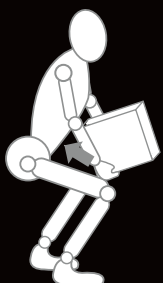
2 Ask for
help.



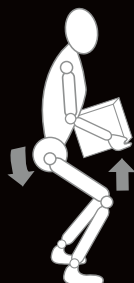
3 Get a firm
footing.



4 Bend your
knees.



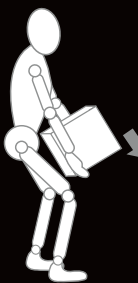
5 Tighten your
stomach muscles.



6 Lift with
your legs.



7 Keep the
load close.



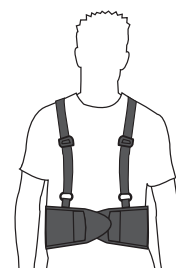
8 Keep your
back upright.

HOW SHOULD IT FIT?

- // ProFlex® Back Supports should fit snugly around your hips with the front of the support two-fingers width below your naval.
- // The straps should be placed securely on your shoulders without causing tension.
- // The hook & loop fasteners should be closed completely.



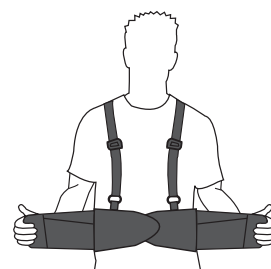
1 Slip the back support on.



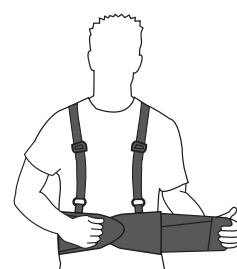
2 Grasp each end of the waistband. Stretch the right end across the left and attach. The upper edge of the waist band should be below the naval. Fasten outer elastic bands loosely at your side.



3 Adjust straps for a comfortable fit without tension.



4 Before you lift - grasp the outer elastic bands and stretch forward as far as possible.



5 Secure bands in comfortable position.

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