



## Safe Lifting Basics

Your team spends a great deal of their day lifting packages of all shapes and sizes. Safe lifting plays an important role in keeping them healthy and safe. Share these safe lifting techniques that take strain off the low back area.

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Avoid Lifting Injuries

[Watch the video](#)



Slip-resistant shoes

[Order yours today](#)

For more safety & risk management resources, visit the [Safety & Risk Management](#) section of the Protective Portal.

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