

# 尽量少弯腰。

Take it easy on the curves. Save your back!

## 保护您的腰背！

- 使用机械装置。
  - 找同事帮忙。
  - 将提举的物品靠近身体。
  - 提举时切勿扭腰。
- Use a mechanical device.
  - Get help from a co-worker.
  - Keep item close to your body.
  - Don't twist while lifting.

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Questions? Contact your supervisor.

