

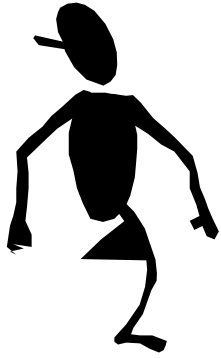
LSU



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Pat West  
8-0534









# Safe Living



# Safety

# In Summary:

- Keep the load close to you
- DON'T twist while picking up
- Keep back straight
- Bend your Knees, lift with your legs