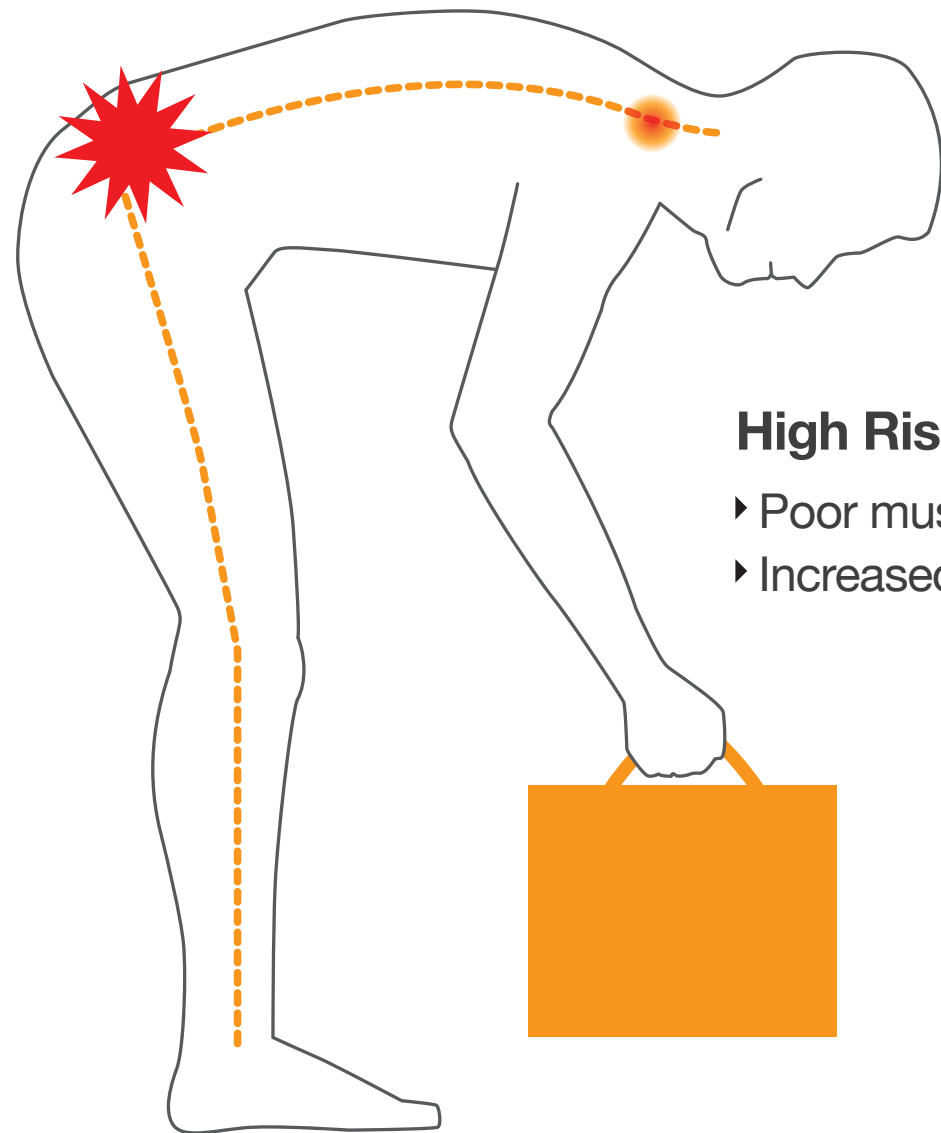
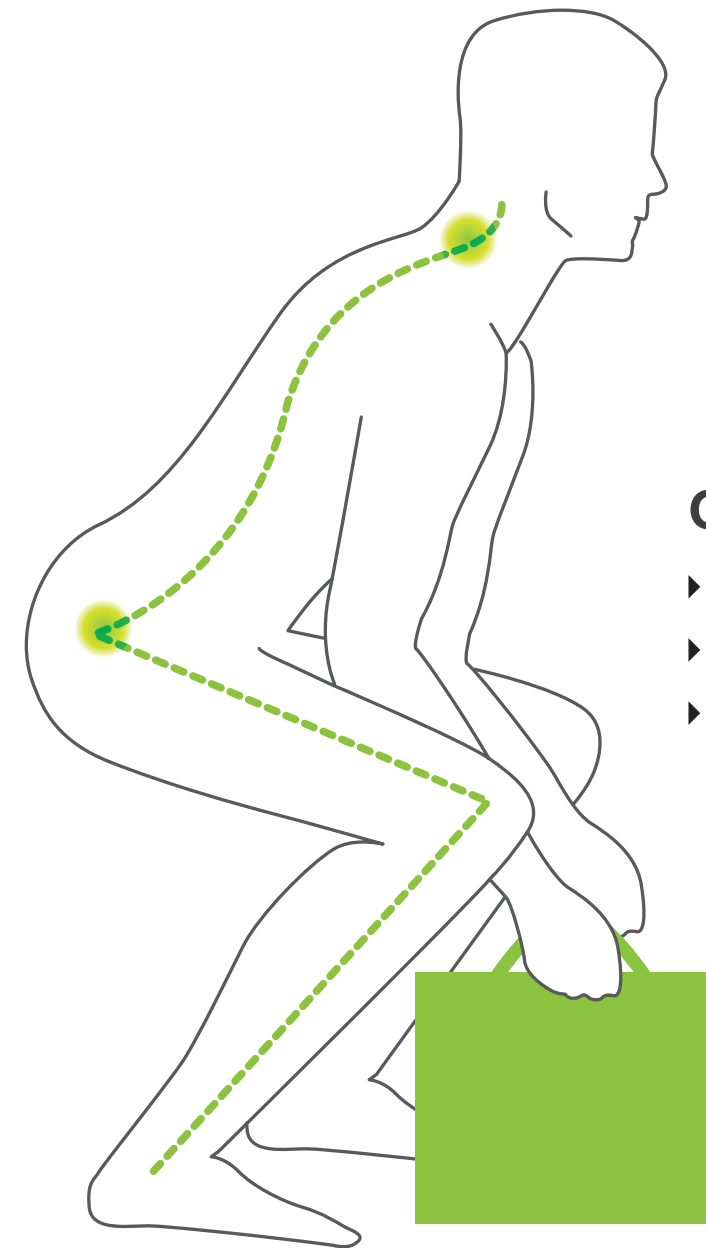


Are you in the *Neutral Zone*?



High Risk Lifting Posture

- ▶ Poor muscle support
- ▶ Increased spinal load



Optimal Lifting Posture

- ▶ Shoulders back
- ▶ Load close
- ▶ Maintain spinal curve