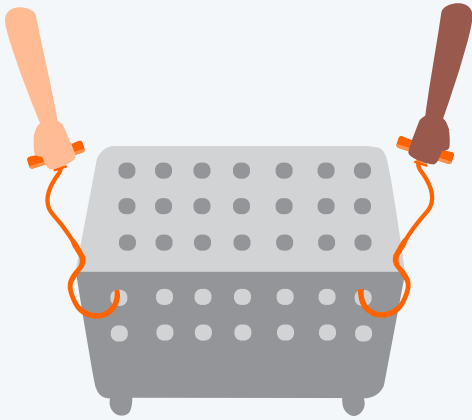


# Avoiding Strains & Sprains When Moving Animals

1

Use lifting aids and equipment to reduce strain.



2

Resist the twist! Step or pivot with your feet instead.



3

Communicate well when lifting animals as a team.



4

Don't round your back! Bend at the hips instead.



5

Pushing is safer for your body than pulling.



6

Stay in the 'power zone' when moving animals.

