

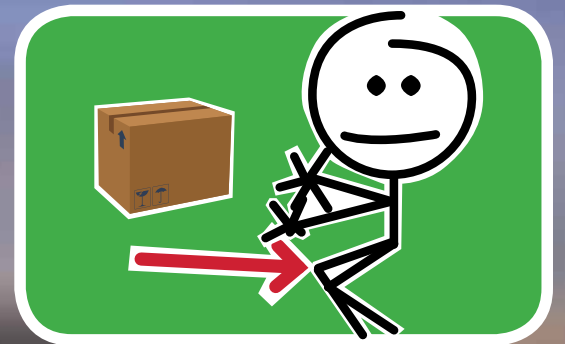
Safety Sketches

June - Safe Lifting / Junio - Método seguro para levantar objetos

You'll know when a lift goes bad.

Lifting the wrong way can be a painful experience. Prevent back injuries by lifting properly.

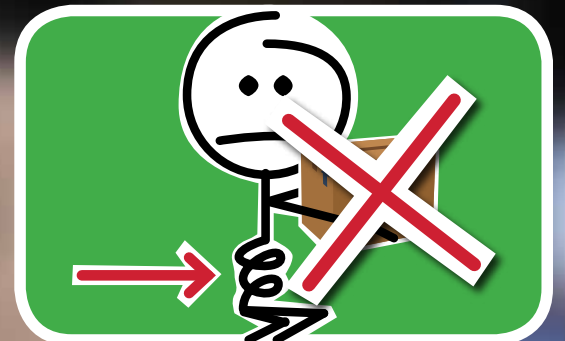
OUCH!



Bend at your knees, not your waist.



Keep your back straight and hold the object close to your body.



Turn your feet, don't twist your body.

- Dobra tus rodillas y no tu cintura.
 - Mantén la espalda recta y sostén el objeto cerca del cuerpo.
 - Voltea los pies, no gires el cuerpo.
- For more information on safe lifting, go to atmcd.com
Para más información sobre el método seguro para levantar objetos, visita atmcd.com



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