



5 MORE REASONS to lift properly on the job ...

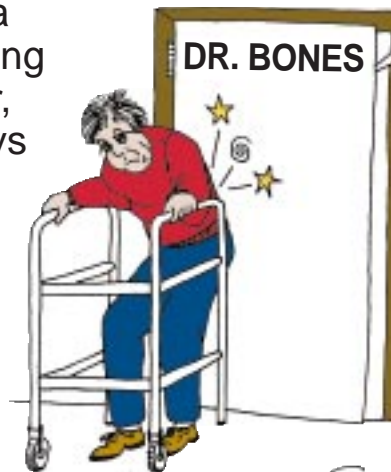
1 There's less chance of you getting a horrendously painful back spasm while you're on the toilet and then have to ask a co-worker for help.

2 If you see a \$20 bill laying on the floor, you'll always be able to bend down and pick it up.



SEE YOU NEXT WEEK

3 You won't have to spend a fortune on canes, walkers, and braces when you reach retirement age.



4 You'll be able to swing a golf club ... maybe not hit the ball, but at least swing the club.



5 You'll never have to think about how much better your life would be if your back didn't hurt so much.

