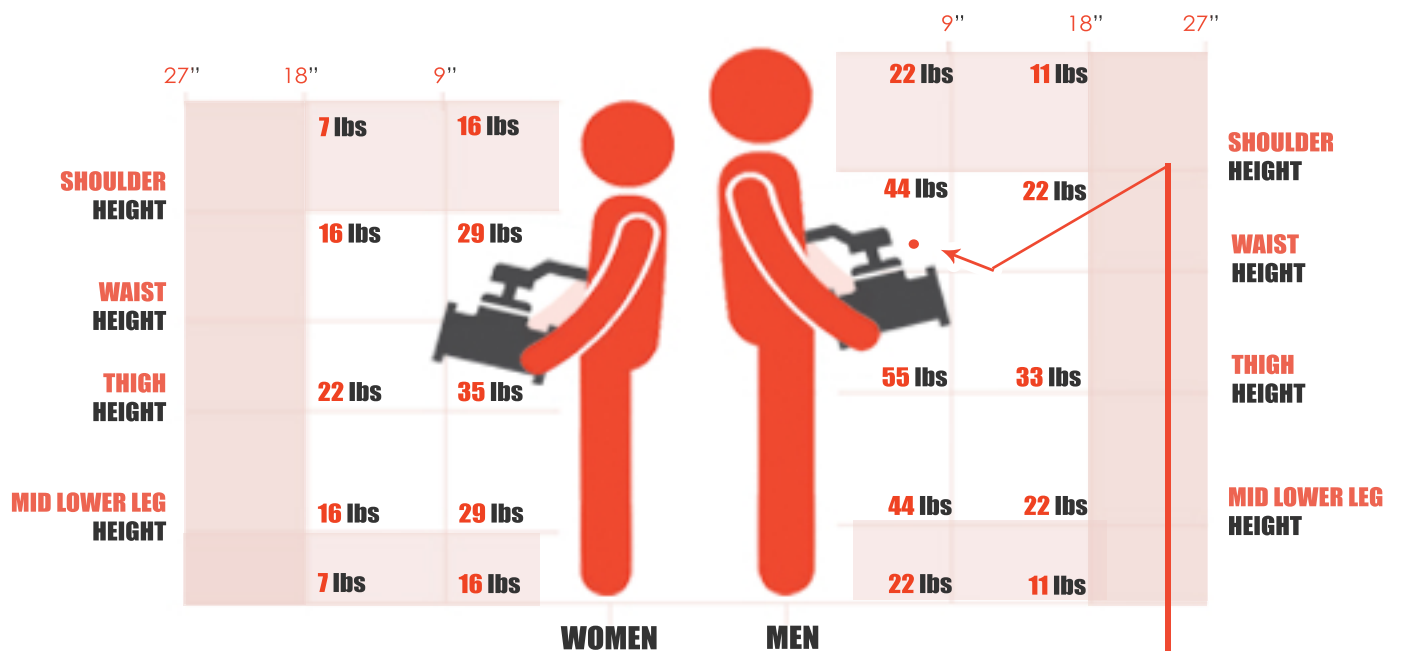


# PROPER LIFTING TECHNIQUES

A recent survey from the BLS (Bureau of Labour Statistics) shows that **75%** of back injuries occur while performing lifting tasks.

This statistic highlights the importance of educating workers on proper lifting techniques, and the thresholds of moving heavy materials.



## EXTENDED REACHING

Knowledge of ergonomics, engineering, and the work environment are the beginning steps to reducing injuries in the workplace.

Reaching to heights or distances outside of the range of knuckle to shoulder height can lead to upper body injuries, especially when **needing to reach 18"** or more from the body.

Reaching creates greater stress on muscles and tissues when lifting materials. The **Flange Hanger** protects your neck, back & shoulders by doing the material handling for you.

