



**DON'T** overlook the possibility that foreign articles may have been left lying carelessly about and are waiting to give unsuspecting persons serious falls.



**DO** be sure you have a good, sound footing. Safety shoes with a non-slip sole are also good insurance when you have lifting to do.



**DO** be sure that you have a good grip before attempting to lift an object. Also, it's a good idea to hold the load close to your body and to be sure that the hands and fingers are in the clear so they won't suffer a smashing when the object is set down.



**DON'T** pick up heavy items with only the fingertips. A heavy item seems to become even heavier after carrying in an improper manner. Many injuries have been caused by items slipping from an insecure grip.



**DON'T** attempt to lift, carry, or even handle, sharp-edged articles with the hands unprotected. Men in photo are in danger of experiencing cut fingers.



**DO** wear gloves when common sense tells you that they are needed. Men are here using a proper method of handling sheet metal.