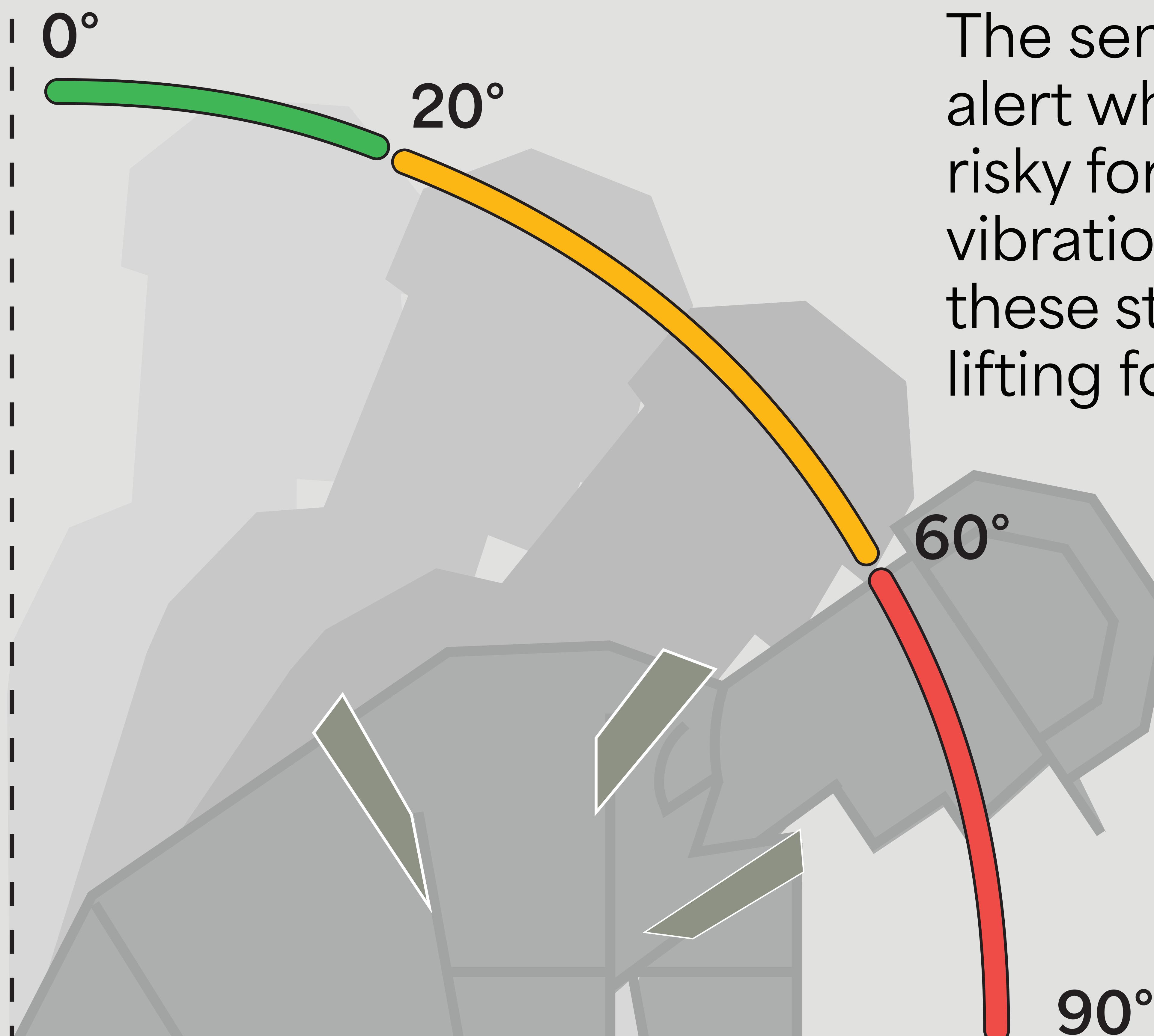
Check Your Bend.



Repeated deep bends while lifting increases the risk of back injury. The sensor provides a vibrational alert when it senses multiple risky forward bends. If you feel a vibration minimize risk with these steps for adjusting to a safer lifting form:

1. Do not attempt to lift by bending forward.

2. Get close to the object.

3. Stand with a wide stance.

4. Keep your back straight and use your legs and hips to lower yourself to the object.

5. Hold the object close to your body.

6. Slowly lift by straightening your hips and knees (not your back).



