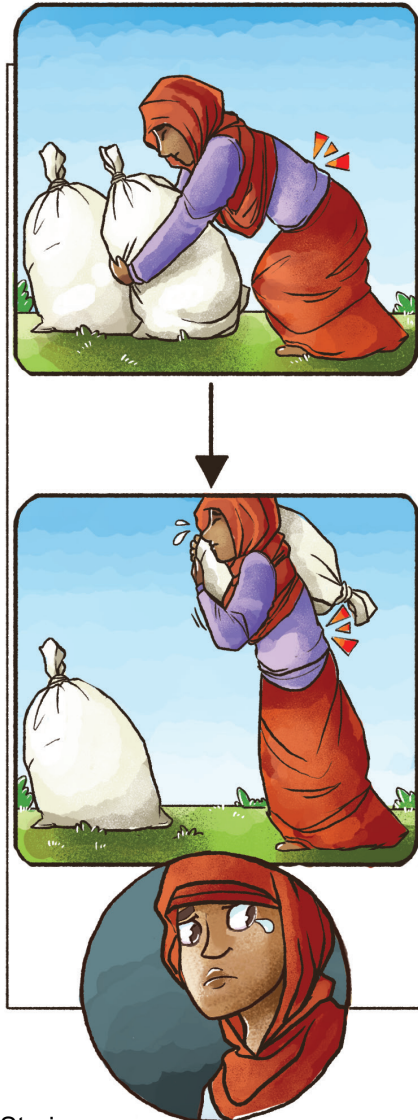


Lesson: A back support can prevent strain and injury when lifting.

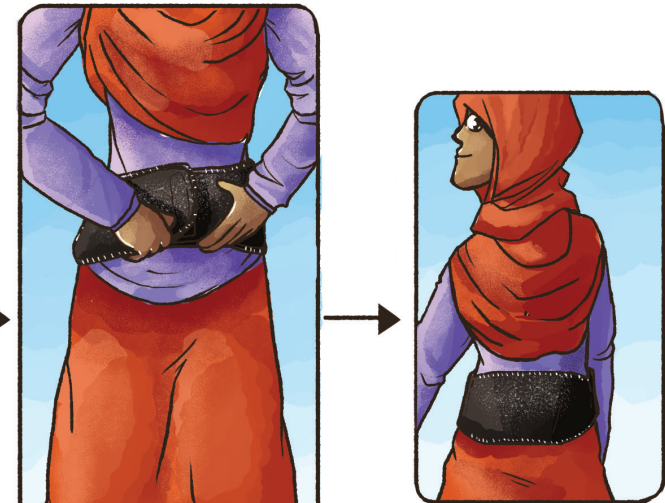
1. Traditional practice



2. Strain to back and pain.



3. Improved practice: purchase a back support from vendor and tie around waist (on top or under clothes)



4. Less strain and pain

