

# 提举货物 注意安全

## Safety in Lifting Goods

手部必须  
正确把持角位  
Hold firmly at the corners



手臂  
必须紧贴身躯  
Keep the arms close to the body



足部要略为  
放开以保持平衡  
Keep the feet  
slightly apart for balancing



背部要直  
Keep the back straight

