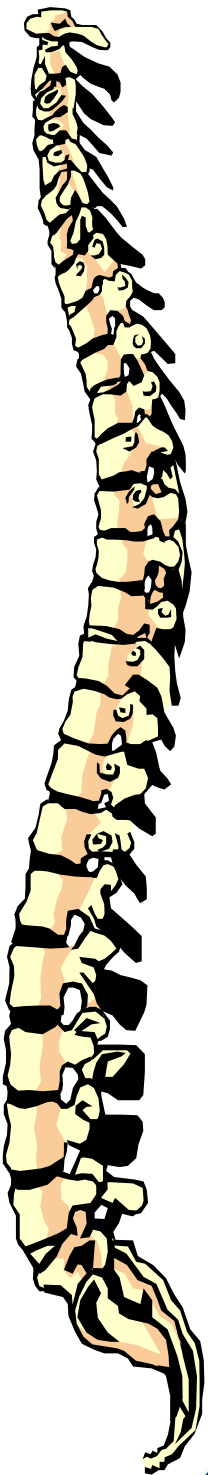


STABLE

Tips to reduce injuries



S Maintain the natural curves of your **S**pine
Butt out, Chest up, Eyes forward.

T Avoid Trunk **T**wisting
Point your toes in the direction you're reaching

A Keep your **A**rms in close
Elbow in and Elbows Down.

B Use a wide **B**ase of support
Feet shoulder width apart, one foot a half step forward - Staggered Stance.

L Use your **L**egs
Knees and Hips should move the most, arms and trunk stay fixed in position.

E Evaluate the **L**oad, **E**nvironment and **Y**ourself
Set up first and choose the safest method.