When lifting a load consider the weight, if you don't, an injury might be in your fate.
Be safety smart and think before you start.
Do not block your view.
Just carry a few.
Forget about safety and things will get shaky.
Twists and strains are no one's gain. Avoid twisting when carrying a load.
Improper use of a ladder can cause your bones to shatter.
Don't let safety slip out the door. Take the time to clean up the floor.
Improper reaching will send your back screeching.
Using a ladder or step stool will ensure you'll be home tonight. "Be safety smart and think before you start".
Play it smart; use a cart, avoiding injury.
Don't let one spill cause another.
Keep your loads below the chin or it can do you in!