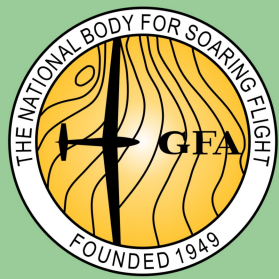


# Take Care of Yourself

- be trained in back care
- use stands & lifting gear
- organise sufficient help



GFA Safety Poster RG 19

Maybe you should  
ask those guys for  
some help

They can't....  
they all hurt their  
backs rigging gliders

