

It can hurt if you...



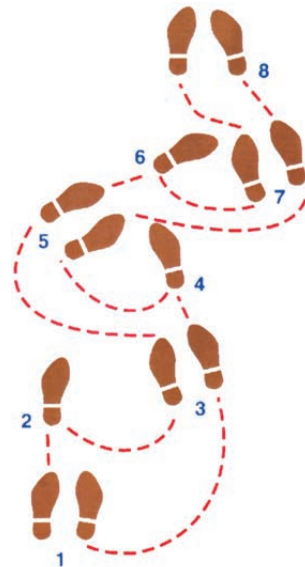
twist



carry heavy objects



bend



**carry objects
a long way**