

B	I	N	G	O
TAKE SHORT BREAKS	AVOID TWISTING	FORCE	PROPER LIFT TECHNIQUE	MSD
CORRECT POSTURE	STRETCH	NOSE OVER TOES	BACK STRAIGHT	PPE
REPETITION	TEAM LIFT	FREE	BEND KNEES	LIGHTEN THE LOAD
MAINTAIN FIRM GRIP	RELAXED SHOULDERS	MAINTAIN FORM	KEEP THIGHS HORIZONTAL	NEUTRAL POSITION
KEEP BOTH FEET ON FLOOR	C-GRIP	POWER ZONE	TEST WEIGHT	FATIGUE

B	I	N	G	O
TEAM LIFT	BACK STRAIGHT	PROPER LIFT TECHNIQUE	CORRECT POSTURE	NOSE OVER TOES
FORCE	TEST WEIGHT	MSD	C-GRIP	PPE
MAINTAIN FIRM GRIP	BEND KNEES	FREE	LIGHTEN THE LOAD	AVOID TWISTING
KEEP THIGHS HORIZONTAL	POWER ZONE	TAKE SHORT BREAKS	FATIGUE	RELAXED SHOULDERS
MAINTAIN FORM	NEUTRAL POSITION	REPETITION	STRETCH	KEEP BOTH FEET ON FLOOR

B	I	N	G	O
C-GRIP	POWER ZONE	BACK STRAIGHT	NEUTRAL POSITION	BEND KNEES
TAKE SHORT BREAKS	MAINTAIN FIRM GRIP	MAINTAIN FORM	STRETCH	MSD
REPETITION	FATIGUE	FREE	RELAXED SHOULDERS	KEEP THIGHS HORIZONTAL
TEAM LIFT	PPE	PROPER LIFT TECHNIQUE	TEST WEIGHT	FORCE
LIGHTEN THE LOAD	AVOID TWISTING	NOSE OVER TOES	CORRECT POSTURE	KEEP BOTH FEET ON FLOOR