

## Safe Lifting Techniques

Help your drivers with training on proper lifting



Lower back injuries are the most common work-related injury cited by the Occupational Safety and Health Administration (OSHA). Share the following tips with your drivers to keep them safe and healthy.

[Learn more](#)

### Webinar exclusively for FedEx Service Providers Safety Culture Excellence

Join us for a conversation on developing a safety culture of excellence.

Aug. 28, 2025

2 p.m. EST (11 a.m. PST)



**Safe Lifting**

[Download the handout](#)

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