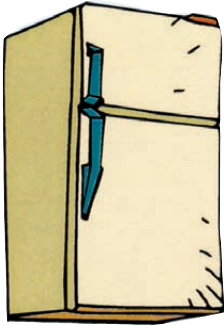


Looking after myself: what can my body really do?

Can I lift this?



How can I move it safely?

- *Get someone to help you.*
- *Use a cart or something on wheels to move it more easily.*



Can I lift these?



How can I move them safely?

- *Find out if they are full or empty.*
- *Move them one at a time.*



**I have to move all these boxes.
Can I do it safely?**



How can I move them safely?



- *Move them one at a time.*



- *Use a cart.*