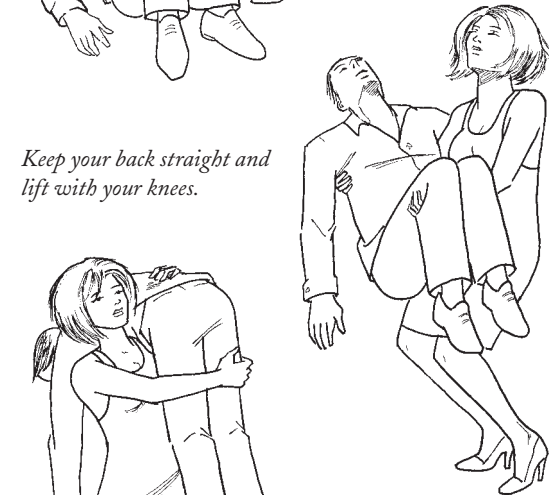
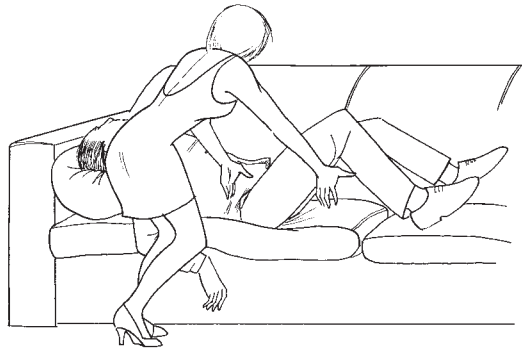


HOW TO CARRY A DATE WHO IS PASSED OUT

- 1 Plan to carry your date only for a short distance.**
Your destination should be a nearby couch, taxi, or bed. Do not attempt to carry him a long way.
- 2 Prepare to lift.**
Bend your knees and place your stronger arm under your date's back and the other under his knees. Your arms should go all the way under and across his body.
- 3 Begin to lift your date.**
Use the strength of your legs and knees, holding them close to your body and keeping your back straight. Do not lift with your back.
- 4 Stand up quickly.**
In one continuous motion, rotate your date's body so that your stronger arm guides him over your opposite shoulder. The motion should be like tossing a sack of potatoes. His upper body should be hanging over your back, his lower body hanging over your front. Steady him with your other hand.
- 5 Walk to your destination.**





Guide your date off your shoulder and onto a bed or couch.

6 **Lower your date.**

Bending your knees and keeping your back straight, guide your date off your shoulder and onto a bed or couch or into a chair.

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