

P R E V E N T

# Back Injuries



If you have  
any doubt  
about lifting  
a load, *ask*  
for help.

Plan a path that is  
*free* of tripping and  
slipping hazards.

Lift and lower  
an object with your  
*legs* — not your back!  
Spread your feet  
and bend at your  
*knees*. Keep your  
back straight.

Hold the object  
you've lifted close  
to your body.  
*Don't* jerk or twist.

Turn with your *feet* —  
not your body.

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