

BACK INJURY PREVENTION



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BEFORE YOU LIFT REMEMBER

- Size up the load - ask for help if it's too heavy.
- Know your traffic path - be sure it's free of obstructions.

WHEN LIFTING

- Keep your feet a least shoulder width apart.
- Bend at your knees, not at your waist.
- Keep the object as close to you as possible.
- Lift with your legs - not your back.
- Do not twist or bend sideways.

By following these guidelines, you can maintain a strong, healthy and powerful back. A strong back is vital to your job and helps you enjoy life. Make it a full-time job to protect your back from injury.