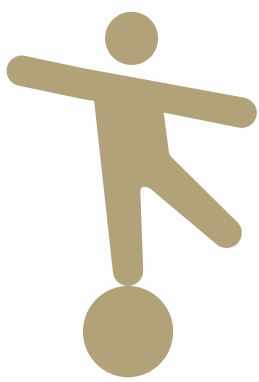


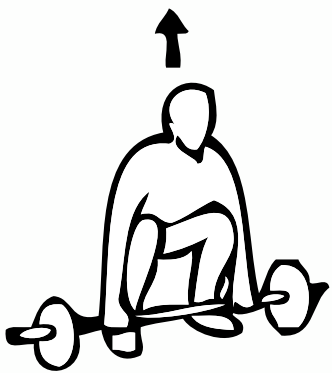
# BACK INJURY PREVENTION



**Size up the load.**



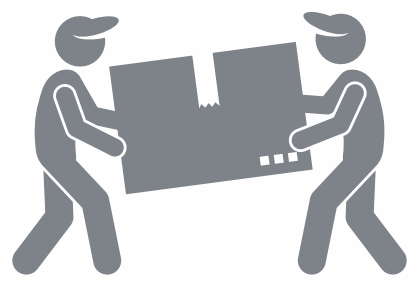
**Make sure you are balanced.**



**Bend your knees and keep back straight.**



**Use equipment when necessary!**



**Don't lift it by yourself if it looks too heavy or awkward.**



**Don't twist when lifting, lowering or carrying.**



**Use your leg muscles, not your weaker lower back.**



**Make sure your work area is flat, dry, and clear of debris.**