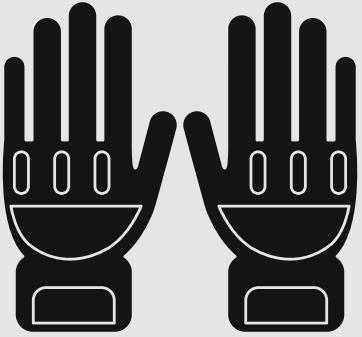


6 SIMPLE STEPS FOR BACK INJURY PREVENTION

Nearly 20% of all workplace injuries are back injuries.



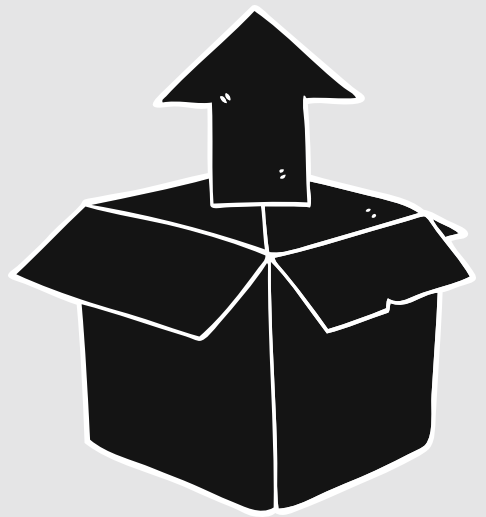
1 WEAR PROPER CLOTHING

When lifting, grip is important.



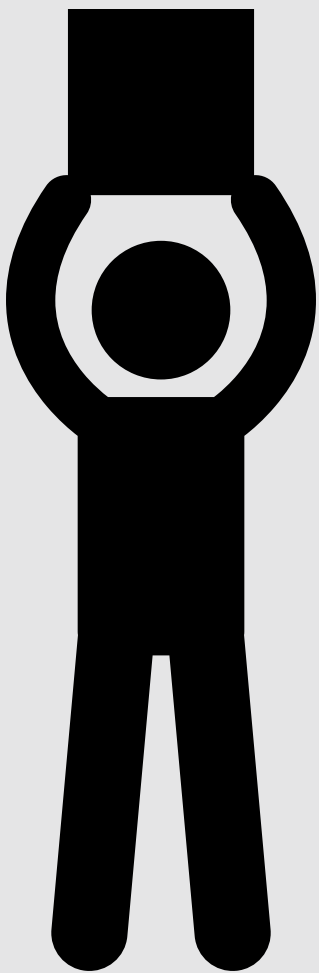
2 PREPARATION IS KEY

Before lifting, determine whether the object needs to be lifted.



3 IF YOU CAN, REDUCE THE WEIGHT

If you can split a load into two or more portions, do that.



4 TRY TO ADJUST THE LOAD HEIGHT

Lifting from the floor or overhead will cause more stress to your body.

5 PLAN OUT THE SHORTEST ROUTE

Find the most obstacle-free route ahead of time.



6 STRETCH BEFORE LIFTING

Help prepare your body for lifting to prevent injury.