

THE BACKSAFE 7 DON'TS

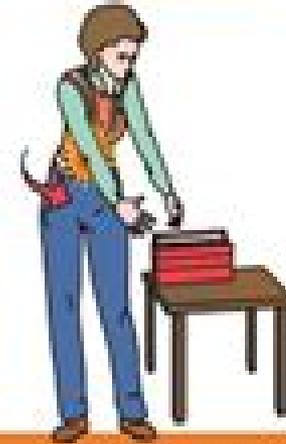
SLASH THE RISK OF SUFFERING BACK, NECK, SHOULDER & OTHER JOINT INJURIES BY 80-90%



DON'T BEND FORWARD > 20°



DON'T BEND BACKWARD > 5°



DON'T TWIST > 20°



DON'T TWIST & BEND FORWARD > 20°



DON'T TILT > 20°



DON'T REACH > 20°



DON'T JUMP

For advice on correct lifting techniques contact your safety coordinator.
Backsafe PO Box 309 Fairfield VIC 3078 TEL: 1300 622 257 EMAIL: info@backsafe.com.au

How To Manual Handle

M Tight



How To Manual Handle:

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