Move Well Work Well

Let's prevent back injuries

When lifting and moving objects:

Avoid bending your back. **Bend your hips and knees** instead. Hips should bend first. Think *squat back*.

QUICK TIP

1 Lower self to object

- ✓ Wide stance
- ✓ Object between knees
- ✓ Heels on floor
- ✓ Firm core
- ✓ Back straight
- ✓ Elbows close

2 Starting position of lift

QUICK TIP

Avoid twisting your back. To change direction, keep nose between toes by pivoting your feet, pointing one foot in the desired direction and following with the other foot.

Stay strong. Stay safe.

Learn about
MSI prevention

SCAN FOR MORE INFORMATION