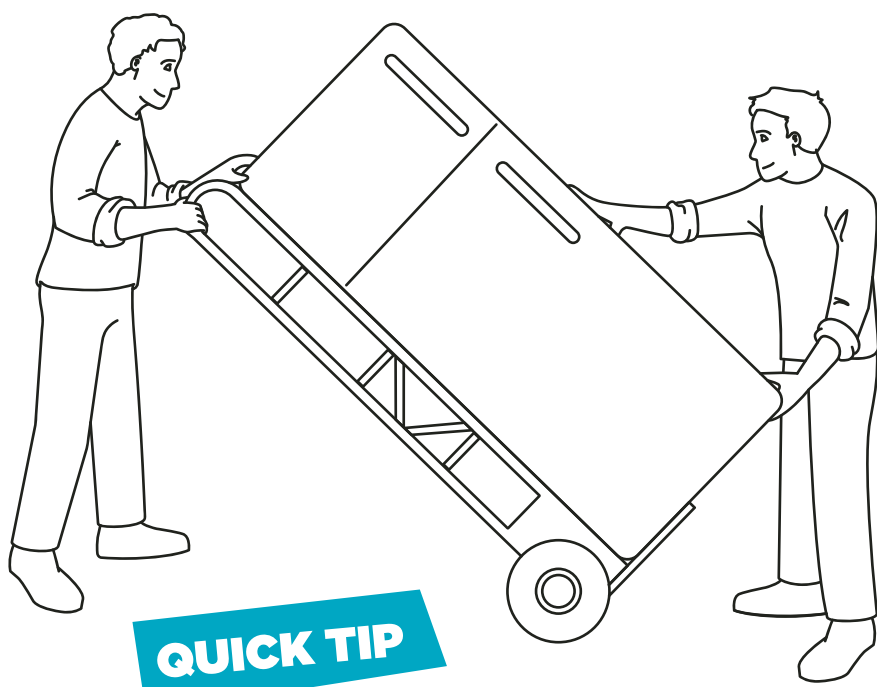


Move Well Work Well

*Let's prevent
back injuries*

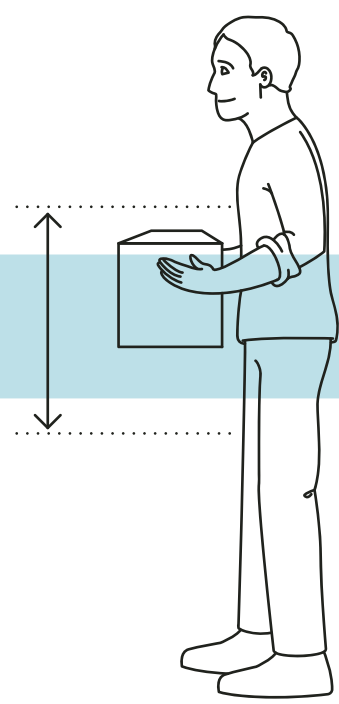


QUICK TIP

Can you reduce the weight of the load? If not, use an **assistive device**, get help or both.

QUICK TIP

Store heavier objects at or near **waist height**.



Stay strong. Stay safe.

Learn about
MSI prevention

SCAN FOR MORE
INFORMATION

