



WHO'S GOT YOUR BACK?

Make sure you plan the lift – use the equipment provided and seek assistance if the load is too heavy

Your feet should be shoulder width apart when lifting

Be sure to lift smoothly – avoid jerking or twisting

Asuitable firm grip should be maintained throughout the lift

Carry the load close to your body, always move your feet when turning

Keep your spine aligned with natural curves, maintain the 'S' shaped curve in your back

LIFT WITH CARE

