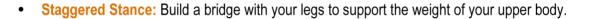


## **Back Injury Prevention**

- Power Position: Maintain the three natural curves to use your back in the strongest position.
- Keep it Close: Keep the load close to your body to lower the demands on your back.
- Offset Positions: Stretch and change positions frequently.
- Feet First: Move your feet first to avoid reaching and twisting.
- Build a Bridge: Support your upper body with an arm or leg to take the weight off your back.



- Knees Bent: Bend your knees when standing to add comfort to your back.
- Get a Foot Up: Elevate a foot to provide comfort to your back when standing.
- Move: Move before you get tired when you are sitting and standing.

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