

Back Basics



- Get help with heavy loads
- Use dollies, carts, trays for heavy loads
- Carry loads close to your back
- Squat! Lift with your legs, not your back
- Take extra trips
- Get regular exercise
- Maintain good posture
- Do not strain to reach for high items
- Push don't pull
- Ask a buddy for feedback on your posture
- Kindly and gently help others to learn good posture

Source: WorkSafeBC



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