

# MY BACK SAFETY PRINCIPLES

Use these principles to avoid a lifetime of Back Pain!

**M**ake sure you plan the lift. Clear the path. Assess if the load is too heavy. If the load is too heavy, seek assistance

**Y**our feet should be shoulder width apart. Get a firm footing close to the load.

**B**e sure to lift smoothly using a suitable lifting technique. Avoid jerking or twisting.

**A** suitable firm grip should be maintained throughout the lift.

**C**arry the load close to your body, always move your feet when turning.

**K**eep your spine aligned with natural curves. Maintain the 'S' shaped curve in your back.



• Identify any hazards • Assess any risks to yourself & fellow workers • Take control and make changes to your work environment



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