

THE BACKSAFE 7 DON'TS

SLASH THE RISK OF SUFFERING BACK, NECK, SHOULDER & OTHER JOINT INJURIES BY 80-90%



DON'T BEND FORWARD > 20°



DON'T BEND BACKWARD > 5°



DON'T TWIST > 20°



DON'T TWIST & BEND
FORWARD > 20°



DON'T TILT > 20°



DON'T REACH > 20°



DON'T JUMP

For advice on correct lifting techniques contact your safety coordinator.
Backsafe PO Box 309 Fairfield VIC 3078 TEL: 1300 622 257 EMAIL: info@backsafe.com.au

Manual Handling Risk Guide

Robert R. Redfield



Manual Handling Risk Guide:

Manual Handling Risk Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Manual Handling Risk Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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