

THE BACKSAFE 7 DON'TS

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



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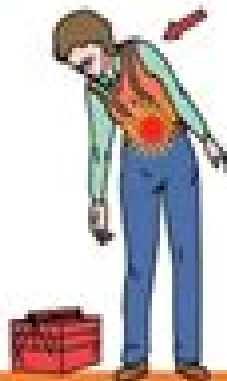
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DON'T TWIST > 20°



DON'T TWIST & BEND
FORWARD > 20°



DON'T TILT > 20°



DON'T REACH > 20°



DON'T JUMP

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Manual Handling Guide For Employers

DP Hallahan



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