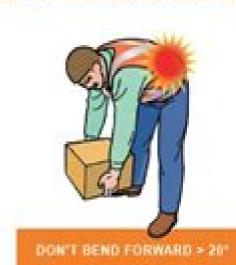
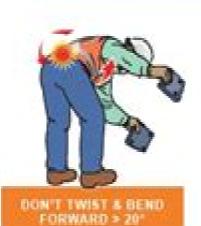
# THE BACKSAFE 7 DON'TS

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















## **Manual Handling Pro Forma**

SJ Ball

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