

# 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](mailto:info@backsafe.com.au)

 **BACKSAFE**  
BACK HERE SAFE EVERY DAY

# Manual Handling Pro Forma

**SJ Ball**



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