

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°



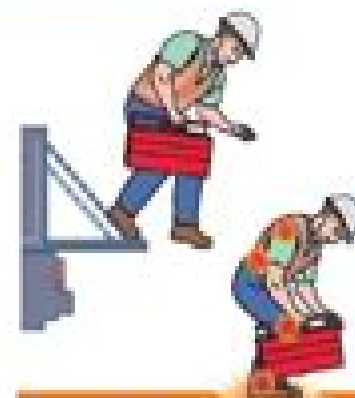
DON'T TWIST & BEND
FORWARD > 20°



DON'T TILT > 20°



DON'T REACH > 20°



DON'T JUMP

For advice on correct lifting techniques contact your safety coordinator.
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Manual Handling Caersws Montgomeryshire

BM King



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