

# Safety-Gram

## Title 45, Chapter 11

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# PROTECT YOUR BACK



**Lift Comfortably** – Choose the correct position, bend at the knees.

**Avoid Excessive Weight** – If the load is too heavy then get help or use the proper equipment. Don't hesitate to get help when needed.

**Lift Gradually** – Lift smoothly without jerking. If you must jerk, it is too heavy.

**Keep in Good Shape** – A good diet and exercise are important if you want to stay injury free.

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# KNOW YOUR LIMITATIONS