

## Avoiding Lifting Injuries

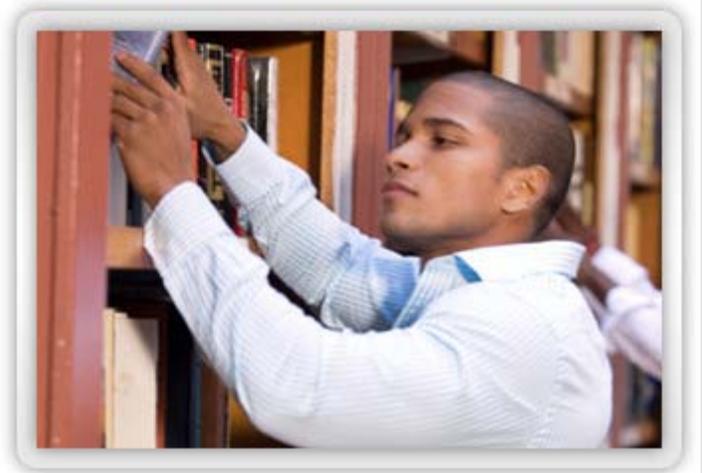
Back injuries often result from lifting objects that are too heavy or from using the wrong lifting technique. Keep your back healthy and pain-free by following common sense safety precautions.



- **Minimize reaching** by keeping frequently used items within arm's reach, moving your whole body as close as possible to the object.



- **Avoid overextending** by standing up when retrieving objects on shelves.



- **Keep your back in shape** with regular stretching exercises.



- **Get help** from a coworker or use a hand truck if the load is too heavy or bulky to lift alone.

