

Safe Lifting and Carrying

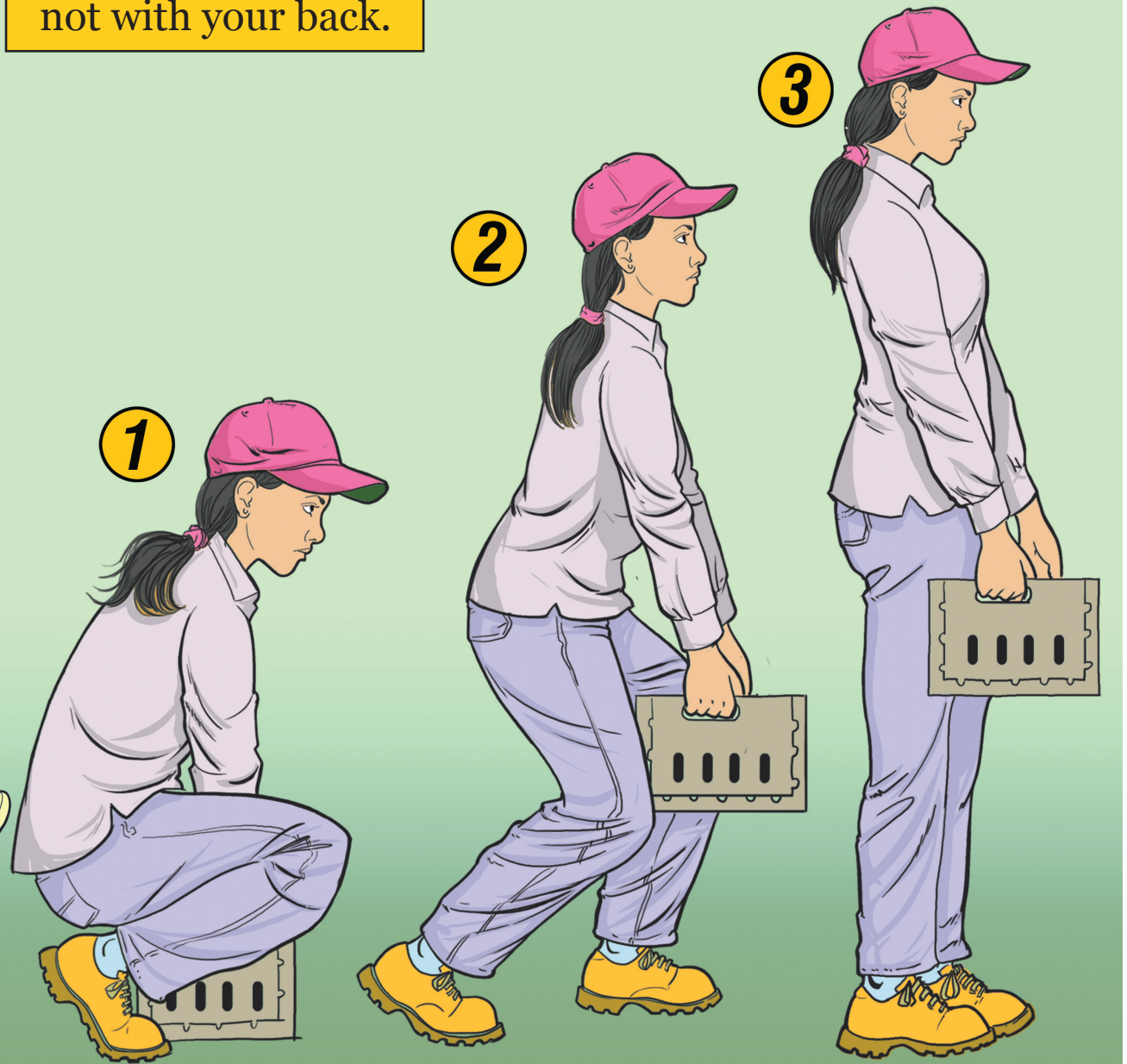
Art and Design: Salvador Sáenz Color and Art Support: Uriel Sáenz
To access a free electronic version of this material, visit www.nycamh.org
Funding for the production of this material was provided by the
NY State Occupational Health Clinic Network



An injured back can keep you out of work for weeks, or even months. Take care; stretch before your shift begins.



Remember to always lift with your legs, not with your back.



When possible, use pallet jacks or carts to move heavy loads.



When doing repetitive tasks, try and change positions frequently.

