MY BACK

SAFETY PRINCIPLES

Use these principles to avoid a lifetime of back pain!

M  Make sure you plan the lift. Clear the path. Assess if the load is too heavy. If the load is too heavy, seek assistance.

Y  Your feet should be shoulder width apart. Get a firm footing close to the load.

B  Be sure to lift smoothly using a suitable lifting technique. Avoid jerking or twisting.

A  A suitable firm grip should be maintained throughout the lift.

C  Carry the load close to your body, always move your feet when turning.

K  Keep your spine aligned with natural curves. Maintain the ‘S’ shaped curve in your back.

Officer’s signature:

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