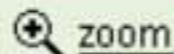




# S1123



zoom

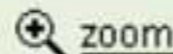
Available in: English, Spanish

### Use your muscles not your back.

The most common injuries are to the lower back, mainly caused by using wrong lifting skills. Most of these back injuries can be prevented using good lifting techniques, the majority of which are included in this Outline. Also included is the 'Triple A Approach' to back care...Abdominal care, Attitude, and Activities for daily living. Use it wisely!



# S1122



zoom

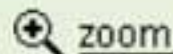
Available in: English, French, Spanish

### If it's too heavy, ask for help

Warming up for the job includes stretching and flexing your muscles. Wearing non-slip shoes is also a must. Learn the real lifting and carrying rules, itemized here one by one, to ensure workers fully understand and use them effectively. Even so, the number one rule is, never be afraid to ask for help if you can't manage it yourself.



# 2017

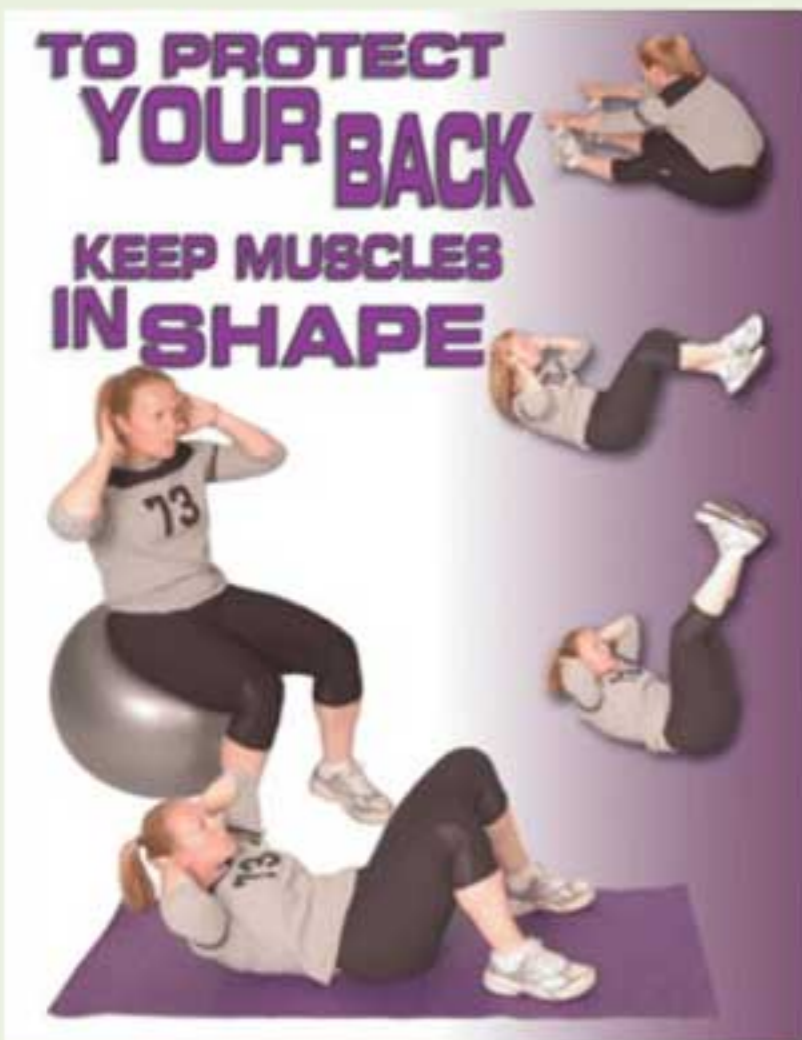


zoom

Available in: English, Spanish

### Gentle Exercise! Your Best Protection Against Back Injury.

Back injuries are very painful and hard to heal. This topic deals with issues of employee fitness and teaches how to prevent back injuries through improved muscle tone and good body posture. Items covered to help avoid back strain include stretching and strengthening exercises combined with proper lifting and handling techniques.



# 192

[zoom](#)

Available in: English

### Understanding Back Pain

Back pain is not only associated solely with work but often with life-style. There are many ways to approach back safety, but once you experience problems you are a high-risk repeater. Many personal health club trainers will endorse the wellness-training regime included here and once involved you can protect your back. Safety workouts win the Gold!



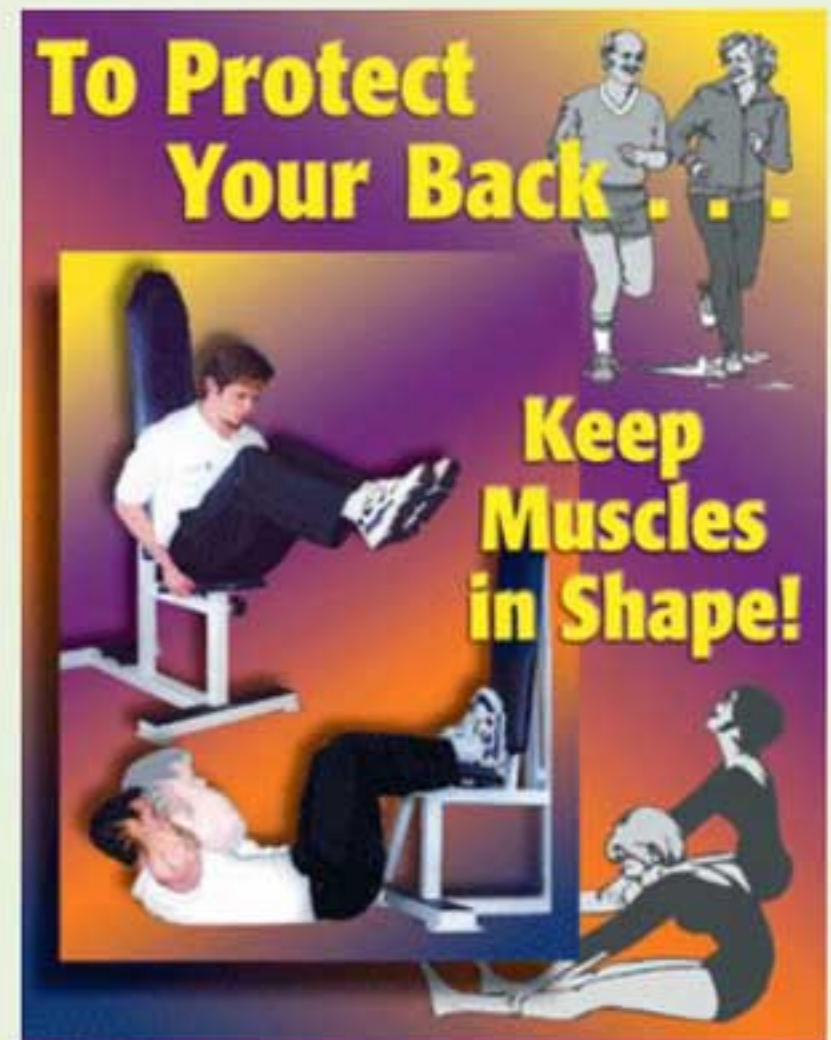
# 168

[zoom](#)

Available in: English, French

### To avoid strain, keep your back in neutral position.

This easy-to-read material clearly identifies how a good body posture prevents or reduces debilitating back pain problems. The topic EMPHASIZES good posture habits must be practiced to avoid leaning forward or hunching over when sitting or standing.



# 103

[zoom](#)


Available in: English, French, Spanish

### Keep muscles in shape to protect your back.

Understanding the causes and types of muscle spasms can help build necessary preventative measures to avoid back pain. This topic focuses on how exercises and planned breaks can prevent employees from becoming carefree and careless when repetitive lifting, pushing, or twisting becomes second nature on the job!



# 77

 [zoom](#)


Available in: English, French, Spanish

### Use your muscles - not your back.

Are back muscles all you should worry about? The answer is a resounding NO! Learn how weak, flabby stomach muscles do nothing to support an employee's back, especially when lifting or carrying heavy objects. This topic introduces appropriate exercises to maintain good physical condition and provide the strong stomach muscles needed.



# 43

 [zoom](#)

Available in: English

### Well toned muscles protect backs.

What causes back strains? It's not just work. A physically neglected life style is often the culprit. This topic highlights how important it is for employees to take care of their back. Sprains and strains to the back are preventable. Unfortunately, until it's hurting, most people don't worry.

#S1122

If it's too heavy, ask for help

**CLICK TO REQUEST  
FREE SAMPLE**

Available in: English, French, Spanish



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Back Protection Employee Safety Cards match the poster theme of the month, and contain summary information to match your Safety Meeting Outline. The Back Protection Scratch Off Quizzes ensure everyone was paying attention. Like a lottery ticket, they create excitement in the safety meeting. When handed back in, they provide a record of who attended the session.



**Employee Safety Card Size:** 4 Pages Folded to 3.5'x5'  
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### Wall Posters

Place Back Protection Wall Posters at strategic points in your facility to publicize the theme of the month in a short visual message. 11' x 17' Safety Bulletin Posters go into more detail, offering valuable safety tips. We also have Frames available for all sizes.

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### Table Tents

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### Safety Meeting Outlines

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#S1123

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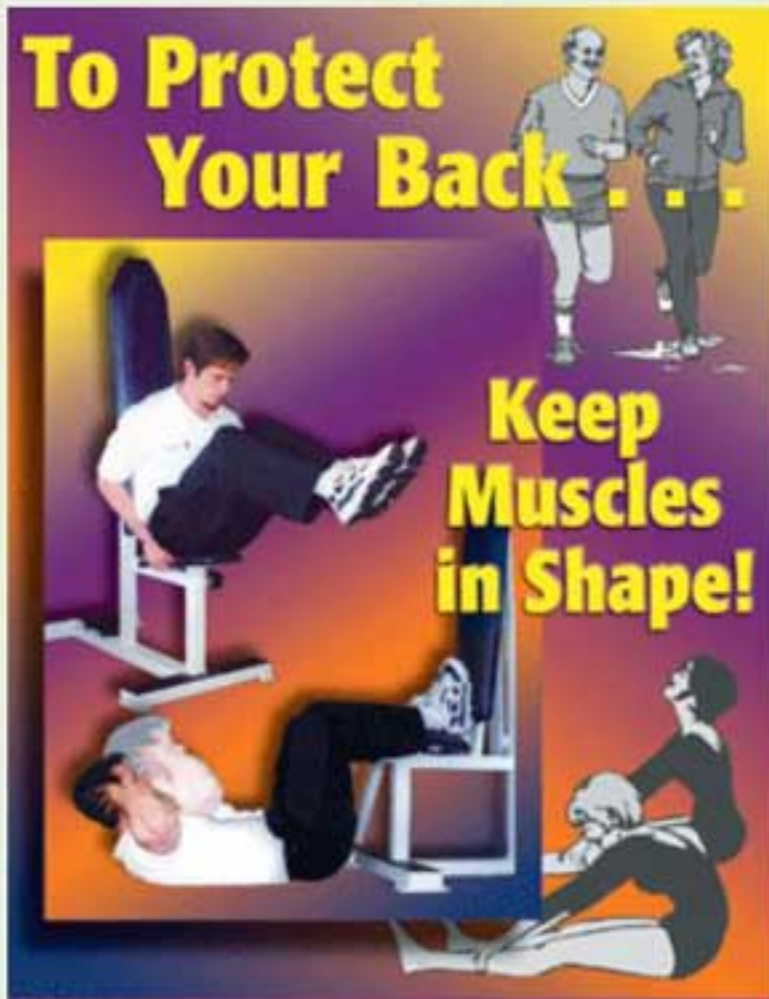
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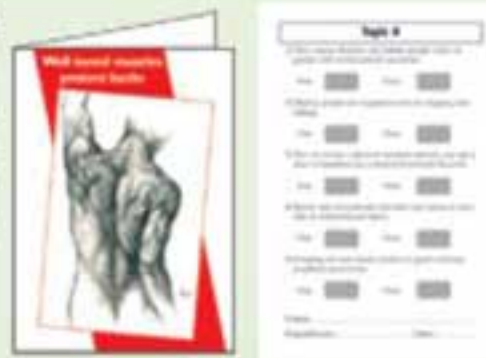
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Well toned muscles protect backs



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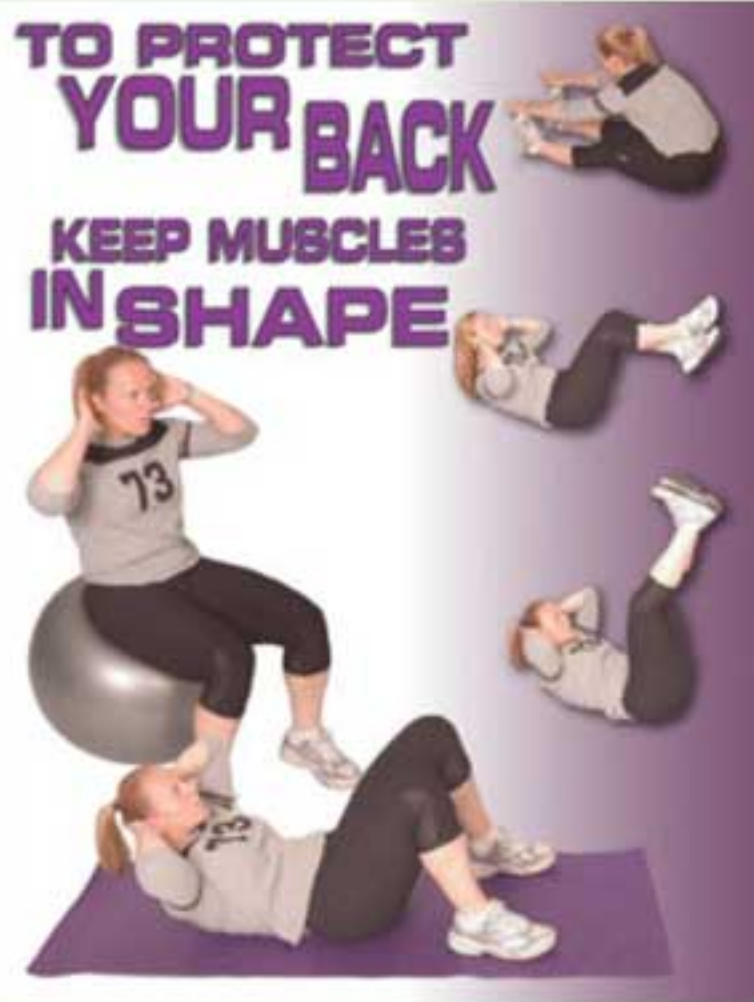
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# The Message Is Inescapable



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