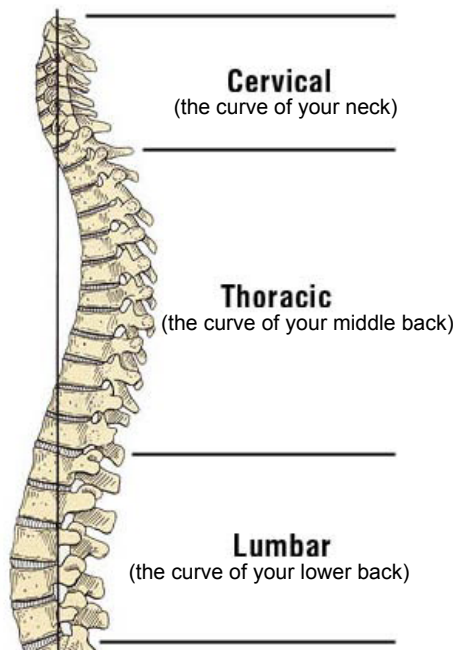


## Back Safety – Keep The Correct Curve!

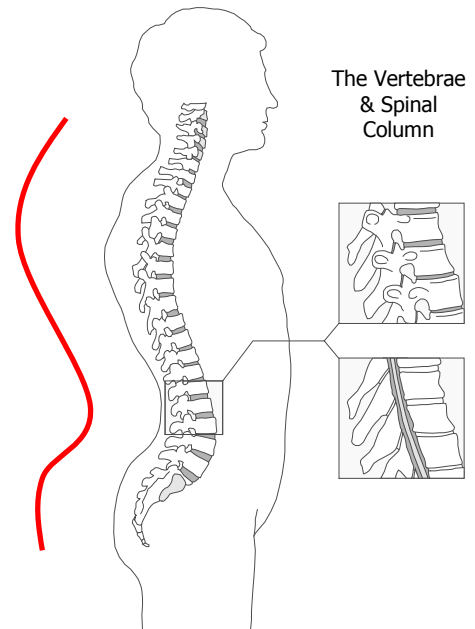
A healthy spine is made of stacked vertebrae aligned in three natural curves:



When you maintain these three natural curves in their normal alignment, your weight is evenly distributed throughout the vertebrae and disks.

**This way your back is least vulnerable to injury!**

Your three curves are correctly aligned when your ears, shoulders, and hips are in a straight line.



### When Pushing and Pulling:

- Stay close to the load, don't lean forward.
- Whenever possible, push rather than pull.
- Use both arms.
- Tighten your stomach muscles when pushing.

### When Bending:

- Kneel down on one knee.
- Maintain your three natural curves.
- Bend knees and hips, not your back.
- When leaning forward, move your whole body, not just your arms.

### When Lifting:

- Keep the load close to your body.
- Bend your knees and hips.
- Tighten your abdominal muscles when you lift. They help support your back.
- Lift with your legs and buttocks.
- Maintain your three natural curves.
- Avoid twisting as you lift.

### Reaching:

- Reach only as high as is comfortable, but don't stretch above shoulder level.
- Use a stool if you need it.
- Test the weight of the load before lifting.
- Let your arms/legs do the work, not your back.
- Tighten your stomach muscles as you lift.

### Repetitive Motions:

- Keep the loads small.
- Turn your whole body instead of twisting.
- Get close to the load, don't reach and lift.
- Lift with your arms and legs, not your back.
- Tighten your stomach muscles to lift.
- Change positions frequently.

### Avoid Twisting:

- Kneel down on one knee.
- Maintain your three natural curves.
- Position yourself to have the best leverage.