

# Back Safety Infographic



**PREVENT BACK INJURY**  
BY FOLLOWING THESE LIFTING TIPS://

**ONE //**

**KEEP YOUR FEET APART**

**TWO //**

**HOLD THE LOAD CLOSE TO YOU**

**THREE //**

**LIFT WITH YOUR LEGS**

**FOUR //**

**1 LIFT IN ONE SMOOTH MOTION**

**FIVE //**

**TURN WITH YOUR FEET, NOT YOUR WAIST**

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