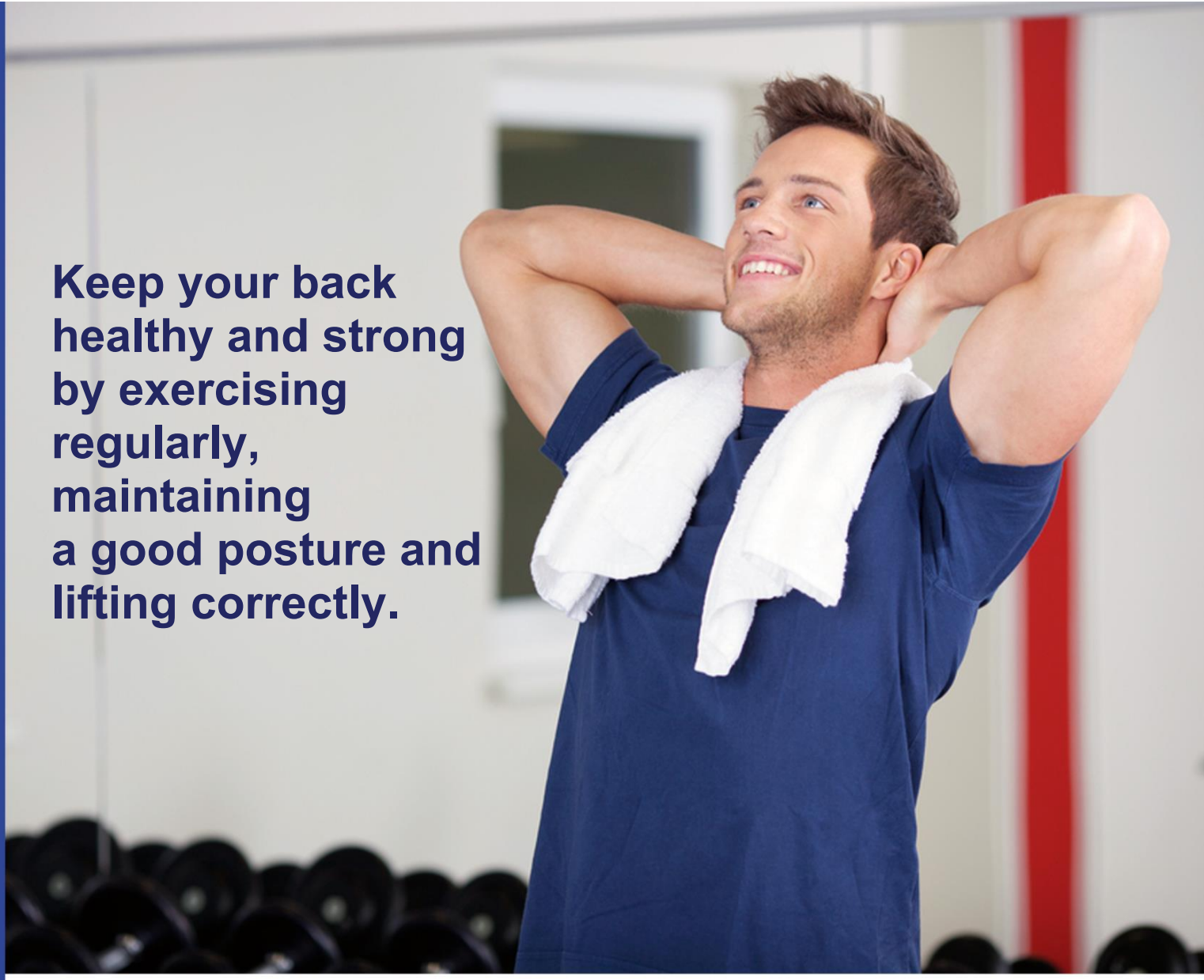


**Keep your back healthy and strong by exercising regularly, maintaining a good posture and lifting correctly.**

# Back Care

## 7 steps to safe lifting - base movement

1. Assess the load
2. Place your feet at ten-to-two
3. Bend your knees
4. Back – straight and upright
5. Neck and head – chin up
6. Grip – tighten
7. Load – keep it close



This poster has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the poster, please consult your medical professional.

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Back Care Key Message A4 Poster – v2

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