

Best Practices – Overexertion (back injuries)

- Place your feet apart for good balance.
- Bend your knees.
- Keep the load close to the centre of your body.
- Use smooth, gradual motions.
- Avoid twisting your back.
- Take micro-breaks.
- Rotate positions regularly, if possible.
- Share the load with a partner
- Get mechanical assistance for heavy loads.

