

PROTECT YOUR BACK WHILE WORKING AT HOME

- 1. Brace your body when lifting anything by tightening your abdominal muscles.**
- 2. Keep heavy items and close to your body when lifting and carrying.**
- 3. Keep both feet planted on a firm surface when reaching for anything overhead.**
- 4. Try to keep everything at eye level or lower, and don't lift heavy items overhead.**
- 5. Get help if you're not sure if you can lift alone.**
- 6. Squat down instead of bending over when reaching for low items.**

YOUR NAME AND CREDENTIALS