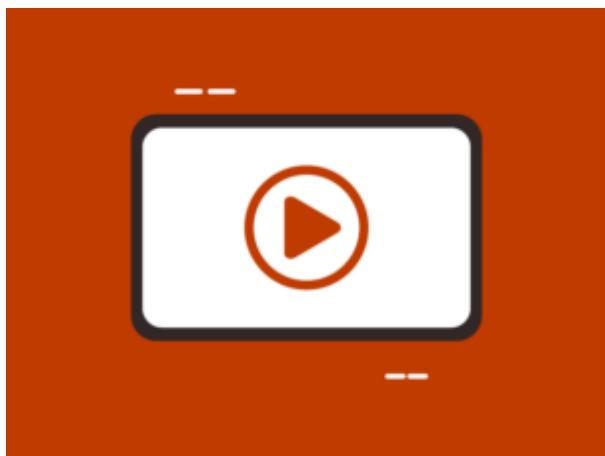


Back Injury Prevention: Safe Lifting Techniques Safety Video – Spanish



This video describes in detail how to lift objects safely. The variety of lifting tasks in industry require specific techniques to prevent painful and costly back injuries. This video also explains the anatomy of the back, the 10:1 lever principle and details proper safe lifting techniques.