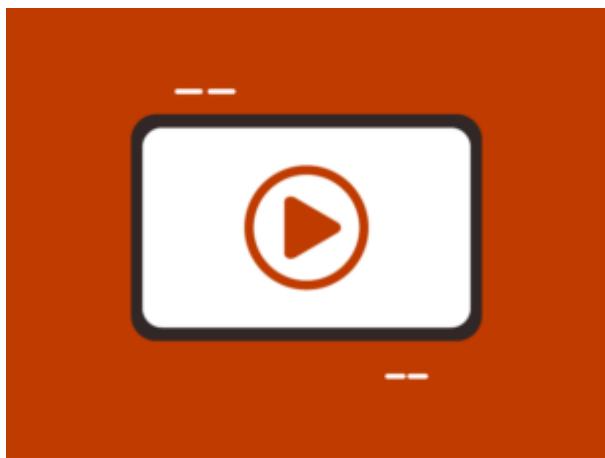


Back Safety: Proper Lifting Procedures

Safety Video



Back injuries frequently occur in the workplace during lifting. The tips and techniques provided in this video will offer alternatives to lifting or carrying and will show the benefits of using helpful tools like dollies and carts to prevent back injuries. Viewers will learn the necessary step-by-step safety procedures to prepare the body for safe lifting as well as instruction on how to properly lift under any circumstance.