

# Back Safety

H B G N G O T F I L K R O F Z M E V M M G W T D  
W M A S K A E R B E K A T P I M F T L N D X W N  
K Z B H T U U I K V X A V O I D T W I S T I N G  
Q N Y L H F L J S Y T U I S R R S K J O X O X X  
K Z N R C P H B R G R N E G A E R L H A O C C O  
K G T O U E S N U D E P E K P O W O O X S C Z A  
R A H H U J I Y L S Z L C M W C G V T O L I S P  
O C Y D Q X N G L I E O R R P G A N F H T G L X  
W B R T R S B I K L I M E U B I Z R I S G E K F  
R F X N B V Q Z K U O V U S O A U K R H W P S H  
E V A E L C J H W C O D K S E Y D Q W Y E X V U  
V I M C Y K L U B D A P J A C C H P E O I L J R  
O J I R L B O C I Q G B X Q V L A T O E K T P T  
M K U E V J R O S I V R E P U S E J I S S D I G  
Z Y D P R E V V A A E N B U T C H S S W T U B W  
E D I Y D A T P U Y F G T F I L M A E T T U L Q  
S Q J T N P J T H I N K T H R O U G H I T F R U  
U O E H V I J S H E A V Y L I F T I N G X Y I E  
A N W G R U J G O O D N I G H T S S L E E P H L  
C D V I T Z U S S E R T S S S E L H V C W Q P X  
P N M E K R T R A M S K R O W H G M M H E A C F  
O G N X Q E Z C T B Y D B D O L U Z A T P G I W  
T R G R Q B W I Y D C O A O R B M Y N R X B O S  
B H Q J L R E Z C N W K C A J T E L L A P E I G

Lift With Your Legs  
Avoid Twisting  
Back Injury  
Take Breaks  
Team Lift  
Forklift  
Help

Avoid Overworking  
Eighty Percent  
Bad Posture  
Use Muscles  
Top Cause  
Overwork

Good Nights Sleep  
Heavy Lifting  
Less Stress  
Supervisor  
Use Tools  
Dollies

Think Through It  
Use Equipment  
Pallet Jack  
Work Smart  
Carry It  
Bulky