

MINER BACK SAFETY



- **Teamwork- use assistance when lifting.**
- **Lighten the load- limit the weight of items and make more trips if necessary.**
- **Use powered equipment to move items.**
- **Always lift with your legs. Never lift with your back.**
- **When lifting never twist your body. If you must turn, change direction with your feet.**
- **Avoid awkward carrying or lifting positions.**
- **Always get a firm grip.**
- **If possible, push and avoid pulling.**



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