

## Preventing Back Injury



## Best Practices for Safe Lifting

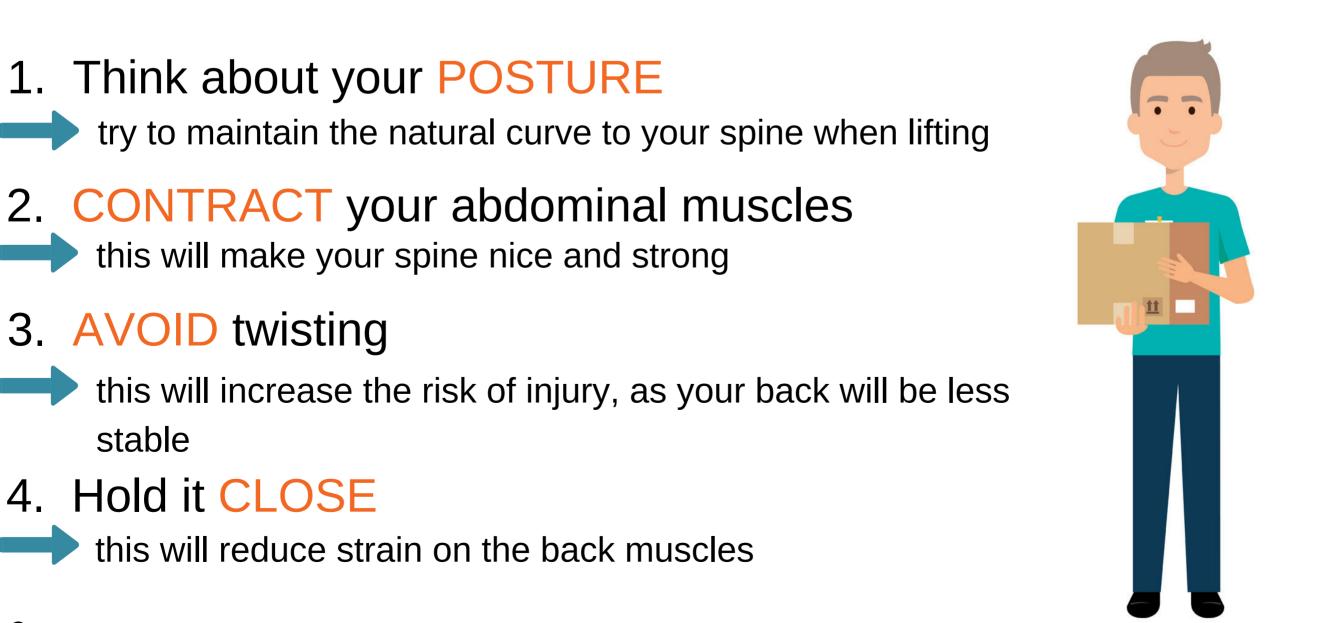
Up to 80% of all adults will experience back pain during their lifetime

Back injuries are consistently the leading cause of time loss claims, according to WCB Alberta.

Standard advice for safe lifting practices includes doing a **squat lift**, by placing the load between your knees and lifting with your legs.



## What YOU can do!



## BE ALERT. BE SAFE.

www.sturgeon.ab.ca/staffsafety