

Who's got your back?



ALWAYS ASSESS.



DON'T USE TRANSFER BELT TO LIFT.



USE TRANSFER BELT WITH A BUDDY.



DON'T PUSH AND PULL.



REPOSITION PROPERLY.



USE EQUIPMENT PROPERLY.



DON'T DO ALL HEAVY WORK
AT ONCE.



LISTEN AND COMMUNICATE CLEARLY.



ALWAYS CONSIDER THE RISK
OF ABUSE OR VIOLENCE.