

BACK^{to} BASICS:

Back Injury Prevention & Recovery

- Practice good posture
- Make your workstation work for you
- Bending, lifting and carrying - know the rules

The **BACK to BASICS Guide** is your **FREE** resource to help protect your back and heal faster.



Visit www.safemanitoba.com
to download the Back to Basics Video and Guide.

or **call 957-SAFE**
(toll-free 1-866-929-SAFE) to order today.



**SAFE
WORK**

S SPOT THE HAZARD
A ASSESS THE RISK
F FIND A SAFER WAY
E EVERYDAY

WCB
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