

Dear Caregiver,



We appreciate your hard work and understand that it keeps you very busy. So busy that sometimes you may forget fundamental safety work practices. We made this safety insert especially for you so that you can refresh, learn and work safely without taking your time away from patient care.

Topic: **Watching *your* Back!**

Plan Ahead:

- Know your limits
- Know your course
- Know your load
- Condition your muscles
- Reach and lift properly
- Un-lift properly

DO:

- Get a firm footing and grasp
- Keep the client close
- Avoid twisting or turning your body
- Lift with your legs
- Bend your knees
- Keep your upper body straight or upright
- Ask for help if needed

DON'T:

- Twist or turn when lifting
- Bend at your waist
- Pull, if possible
- Be afraid to ask for help



Your back is important. It allows you to sit, stand, walk and run. You can avoid most back pain injuries by taking proper care of it when working. If you need more information please contact our safety specialists at safetyhasitsrewards@carewestinsurance.com.

Sincerely,
Care West Team

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