

Why is Mike smiling?



***Because he used the right tool for the job.
Use a hand truck, dolly, forklift or pallet jack to move that load.***

Your back will thank you.

Want to be like Mike?

1. Don't ignore pain – report symptoms early
2. Use mechanical aids to move heavy loads
3. Don't force it - get help if it's heavy or awkward.

Visit www.KeepTruckingSafe.org for more information on how to reduce your risk to injury.

Publication No. 90-16a-2008

CDC/NIOSH Grant No. U60 OH008487



Washington State Department of
Labor & Industries