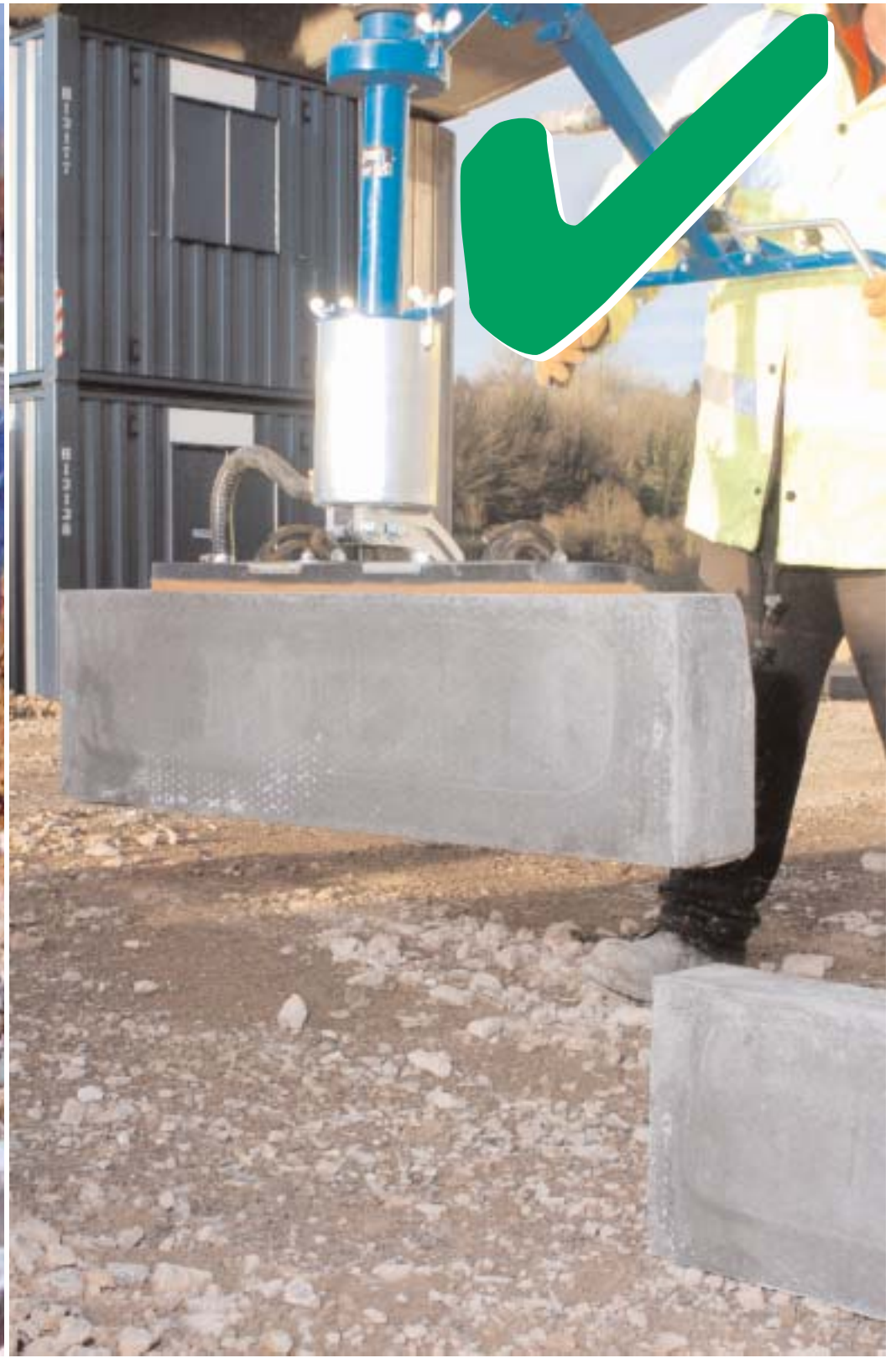


# Mind your Backs!



## Top tips for individuals

- Raise concerns - work with your employer
- Suggest improvements
- Use the equipment provided
- Keep fit
- Don't ignore symptoms

## Top tips for employers

- Assess the risk
- Sort out high-risk operations first
- Choose sensible workable solutions
- Involve workers
- Train staff in safe handling and use of equipment