

A band performing on stage. A female singer in a black dress and boots is singing into a microphone, holding a yellow fork as a prop. A male guitarist in a red shirt and black pants is playing an electric guitar. A drummer is visible in the background. The stage floor is littered with various items of clothing, including socks and underwear. A yellow line is drawn across the scene, highlighting the singer's posture and the clutter on the floor.

**Whatever your job  
look after your back**



**Avoid repeated twisting and bending**  
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