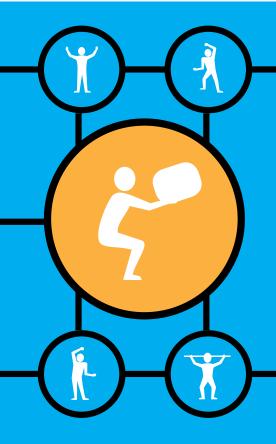
THINK <mark>B4U</mark> Work Series



PREVENT.....SOFT TISSUE INJURIES MOVE AND LIFT THE SAFE WAY

YOUR 'THINK B4U WORK' STRATEGY

- Do a thorough pre-start Risk
 Assessment before starting work
- 2. Specifically consider manual task hazards
- 3. Adopt Safe Work Practices -
- 4. Use **mechanical assistance** to minimise the physical impact on your body

SAFE WORK PRACTICES

- Warm up
- Get assistance for heavy lifts
- Brace yourself
- Avoid repetitive movements
- Regularly pause to stretch and re-set tendons, ligaments and muscles
- Correctly size up loads and where you're carrying them
- Minimise lifting above the shoulders



