



S A F E T Y R E - I M A G I N E D

MiltSafe®, a division of Safety Solution Consultants, Inc.

MINDFUL BACK SAFETY TIP



Did You Know?*

Overexertion injuries are the *leading* cause of injury in the workplace.

*Liberty Mutual Workplace Safety Index 2025

Ergo-Back Safety Tips

- Size up/Test Load
- Use Lifting Device(s)
- Maintain Flexibility/Stretch
- Use Legs & Posture
- Get Help!

CONTACT US TODAY!



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