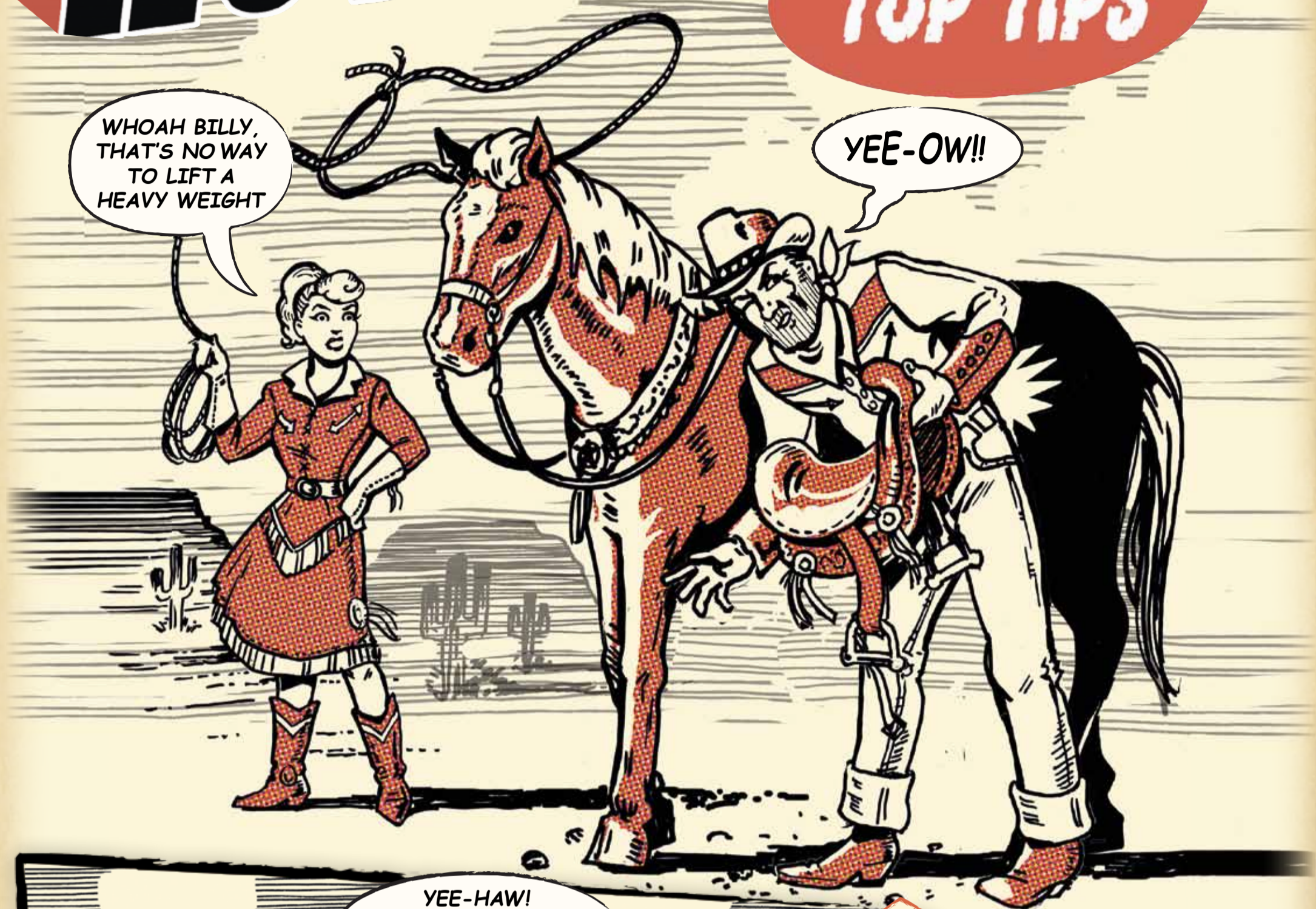


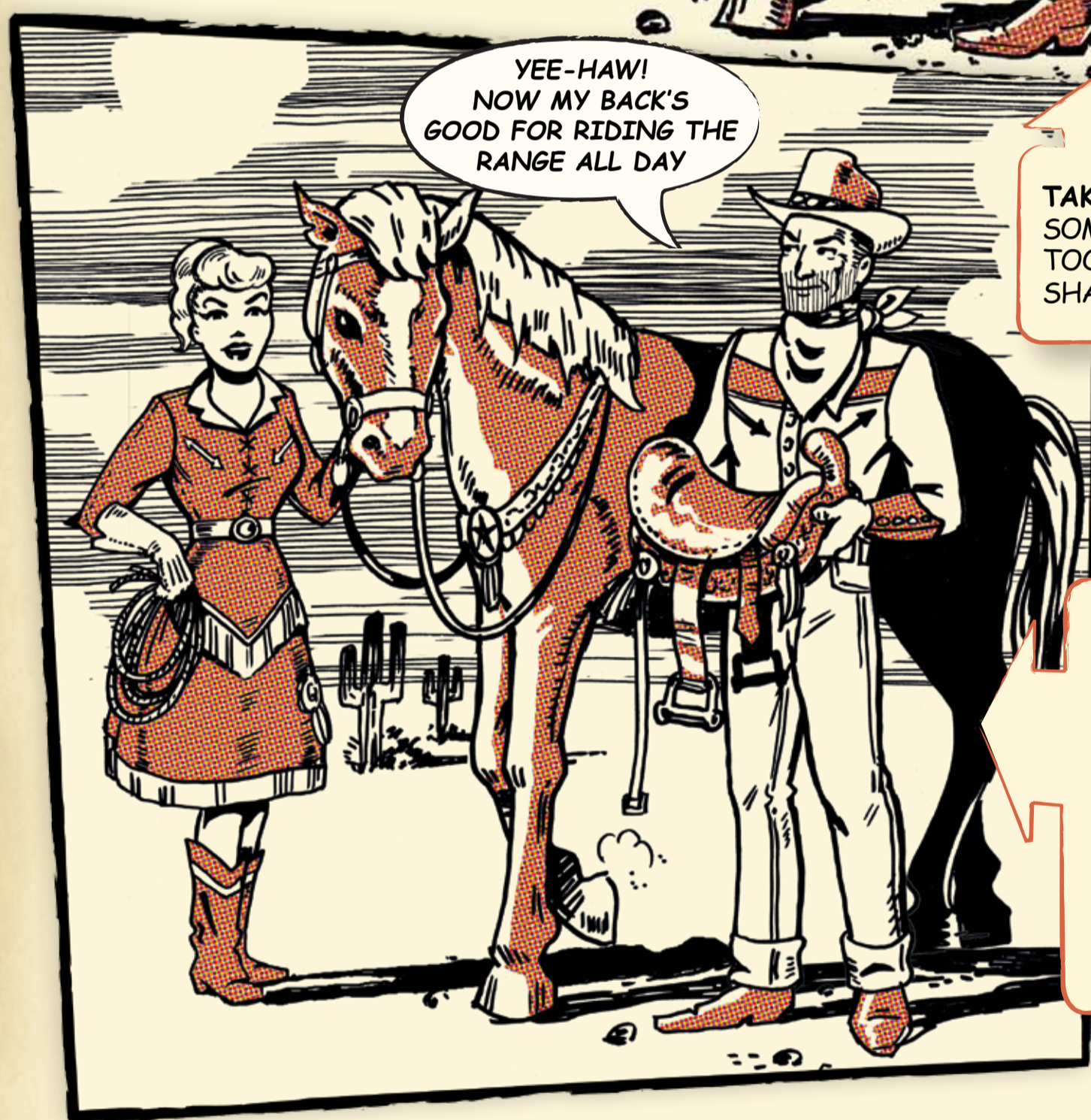
ACTIVE WORK!

TOP TIPS



YEE-HAW!
NOW MY BACK'S
GOOD FOR RIDING THE
RANGE ALL DAY

TAKE CARE WHEN PICKING
SOMETHING UP. IF THE LOAD IS
TOO HEAVY, OR AN AWKWARD
SHAPE, ASK SOMEONE TO HELP.



LIFT CORRECTLY BY STARTING
WITH YOUR FEET SHOULDER-
WIDTH APART. BEND AT THE
KNEES AND KEEP YOUR BACK
STRAIGHT, ALLOWING YOUR
LEGS TO TAKE THE WEIGHT. KEEP
THE LOAD CLOSE TO YOUR BODY
AND TIGHTEN YOUR STOMACH
MUSCLES. THIS WILL HELP
MAINTAIN GOOD POSTURE AND
REDUCE STRAIN ON YOUR BACK.



Make good use of any **equipment** designed to help you with **strenuous** tasks



Don't **overstretch** to perform a task - **move closer**



Report **pain** or any other symptoms to your employer **promptly**



Make sure your **clothes** fit properly so you can **move freely** and maintain a **comfortable** temperature - cold muscles don't extend freely.



Warm up to prepare your body for **heavy** or repetitive work



Take regular **micro-breaks**. Don't skip meals and do **drink water** regularly



Vary your tasks to give your body a **range of postures**



Take steps to **strengthen** your muscles and **improve your fitness** so you can **manage the demands** of your job more easily

in association with