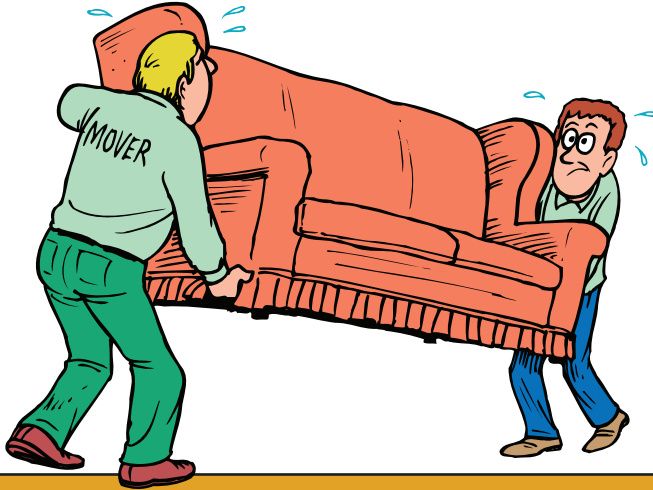




PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

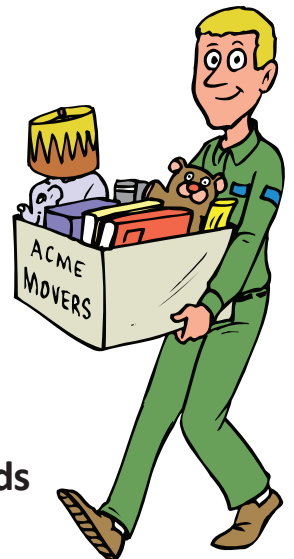
RISK REMINDER



Keep Your Back Injury Free

We routinely require lifting. Lifting the wrong way can lead to serious back injuries. There are some important tips you need to know and use each time you lift, regardless of the size and weight.

- Plan Ahead
- Gently stretch your muscles to warm up
- Use dollies or other mechanical equipment when possible
- Lift or carry only what you can handle
- Lift with your legs, not your back
- Never Twist
- Carry the load close to your body to reduce strain
- Lower loads slowly, bending knees
- Work as a team with co-workers for oversized loads



For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7