

**Your back bone's connected to your shoulder bone,  
Your shoulder bone's connected to your neck bone...**



**And they are all connected to your ability to work.**

When you strain muscles, tendons, or joints attached to these bones, they hurt.

1. Don't ignore pain – report symptoms early.
2. Use mechanical aids to move heavy loads.
3. Don't force it – get help if it's heavy or awkward.

Visit [www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org) for more information on how to reduce your risk to injury.

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