

Would your son mind
if you couldn't
shoot a few hoops?

No Strains
Pains



**Save your back
and shoulders
for the good
things in life**

Don't let your job wear you down. Repetitive movements, especially if they involve heavy lifting, a lot of force, or uncomfortable postures, may over time cause pain in your joints, muscles, tendons, and spine. Staying in the same position for long periods of time, such as driving with road vibration, can cause pain. There are things you can do to prevent job-related pain.

Don't get side-lined by strains and pains on the job

- *Think about how you do your job and work with your employer to make improvements.*
- *Use mechanical aids to lift heavy loads and use them properly.*
- *If you must lift manually, check the weight before you lift and keep the load close to your body.*
- *Adjust your truck seat position if you are driving for a long time.*
- *Don't ignore early pain symptoms, report them to your supervisor.*

Visit www.KeepTruckingSafe.org for more information on how to reduce your risk to injury.

