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 for more information on how to reduce your risk to injury.