

**DID YOU
KNOW**

BACK INJURIES

Are The #1 Injury Among Pilots

Here's what you can do:



Use a staggered stance!
Brace yourself while
lifting bag close to the body.



Do NOT toss bag on belt!
Use both hands to lay bag flat
before pushing bag on the belt.



Before lifting, pull bag close!
Use both hands to tilt bag
into an upright position.



Do NOT twist the body while lifting!
Grasp handle firmly and support
bag with other hand.

SAVE YOUR BACK - LIFT SAFELY



Approved and Supported by the Allied Pilots Association and American Airlines

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