

Over a half million Americans will injure their backs this year! The cost to businesses will be over \$6.5 billion. Many of these injuries can be avoided through a combination of good posture, warm-up exercises, and proper lifting, pulling and carrying techniques. Lifting is an athletic activity. A team of "Professional Lifters" offers tips on how employees can avoid back problems and "stay in the game."

Tone: Actuality

Answers: 1. C, 2. D, 3. A, 4. E, 5. Discussion (lifting is an athletic activity)