

Back Idioms Lesson 2 - Beginners



cover one's back

- do something to protect yourself from criticism or future blame
I was very careful to cover my back when dealing with the lawyers.

get off (someone`s) back

- stop criticizing or nagging someone
I wish that my mother would get off my back about trying to find a better job.

- not bother someone, remove someone or something as an annoyance
I wish my boss would get off my back and stop bothering me.

turn one`s back on (someone or something)

- refuse to help someone in trouble or need
The woman turned her back on her friend when the friend asked her for some money.
