BACK SAFETY

DID YOU KNOW the common cold is the only thing that accounts for more missed days of work than back injuries? Protect your back using the following tips:

1.) Take breaks at work to stand, walk around and stretch.

2.) When lifting, squat and bend with your knees, not at the waist.

3.) Listen to your body. It will tell you what you can and cannot do.

4.) Ask for help lifting or moving something rather than risk back injury.

A healthy back begins with good nutrition and exercise. Exercises like walking, swimming, stretching, and yoga are good for back health. As always, consult with a physician before radically changing your diet or taking up any new exercise regimen.

EVERYTHING STARTS WITH SAFETY

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Safety Moment

Back Safety Discussion Topics

1.) Who here has had back problems in the past? Do you know why? What did you do to improve your back health?

2.) Are you comfortable sitting or standing at your workstation? If not, why?

3.) Does anyone have any exercises he/she would recommend to improve back health?

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