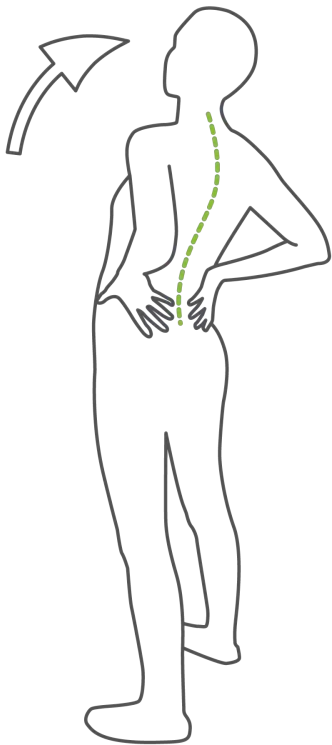


TAKE CARE OF YOUR BACK

Bending over from the waist loads the lower back and increases your risk for injury



Back extension

- The upper body (approximately ½ your body weight) becomes a lever with the lower back absorbing the load.
- This flexed posture bulges the disc and reduces the muscle support for the spine.
- Research shows that **over time** there can be wear and tear on discs which may lead to a sudden onset of back pain even with a light activity.
- Warning sign: If your back is “tired” or “sore” at the end of the day - you may be bending too much or maintaining a bent posture for too long

Reduce YOUR Risk for Back Pain:

- Limit forward bending & prolonged sitting: extend your spine often
- Use a “golfer’s” lift/reach for lighter objects or when reaching into a bin

WHEN LIFTING

- ✓ If lifting after prolonged sitting, extend your spine before lifting
- ✓ Keep shoulders back, head up
- ✓ Partially bend your hips and knees and lift with your legs
- ✓ Keep load close to you and lock your arms

