

TOOLBOX TALK #4

SEVEN WAYS TO BE A FRIEND TO YOUR BACK

People who are physically fit are less likely to suffer back injuries or pain. They also recover more quickly if they are injured. Aerobic exercise such as walking, bicycling or swimming helps build strength and endurance. Consult your doctor before starting any exercise program.

But in the meantime, here are seven general things you can do to be nice to your back:

1. Sit with you back straight and your knees level with or slightly higher than your hips.
2. Stand and walk “tall” with an upright posture, chin tucked in and pelvis slightly forward.
3. Sleep on a firm mattress, on your back with a pillow under your knees. If you sleep on your side, bend your knees slightly and place a pillow between them.
4. Lose weight if you are overweight.
5. Avoid lifting objects above your head if at all possible. Use a stepladder or step stool so you can grab objects and set them down at shoulder level or below.
6. Do stretches and exercises to increase your flexibility and strengthen the muscles you use for lifting. See TBT-3 for example exercises.
7. Always practice safe lifting!

