



**Back Care** – “Why did I try to lift that much on my own?” Did you ever ponder those words after you hoisted something heavy or lifted from an awkward position. These incidents are well known causes of back strain, but you might not have considered other “underlying” factors that lead to back injury. Several conditions influence your “back health.”

- Avoid using fast, jerking motions when lifting
- Avoid bending and twisting at the same time
- Avoid handling a load too far away! Keep the load close to your body
- Use mechanical devices and teamwork for heavy loads

AUGUST SAFETY CAMPAIGN!!

BACK CARE

2021

The cause of most back problems is:

1. Poor posture

2. Loss of flexibility

3. Stressful living/working habits...and;

4. A general decline in physical fitness