



Don't let back pain keep you down

Back pain doesn't have to be "just part of the job." Whether you work long, tough hours in manufacturing or construction, are on your feet all day in retail or food service, or sit at your desk, slumped over your computer, **there are steps you can take to alleviate some of the discomfort you may be experiencing.**



Talk to your doctor! If you're experiencing frequent, severe or chronic back pain, it is important to consult a medical professional to understand the cause, possible treatments and exercises that may help.



Keep your spine aligned. Imagine a string attached from the ceiling to the top of your head, pulling you upward.



Watch your posture. In addition to the tip above, make sure your shoulders are back to avoid slouching.



Lift with your legs to reduce the strain on your back anytime you are moving heavy objects. With your back straight, bend your knees and squat down to lower yourself to the object. Straighten your legs to lift it straight up. Avoid turning or twisting your back. **Ask for help if the item is too heavy to safely lift on your own.**



Move around in place or take a quick walk when standing in one position or sitting for long periods. Movement can relax tissues, lubricate joints, prevent stiffness, and reduce fatigue.



Adjust your chair to keep your feet flat on the floor. Your knees should be level with your hips—with feet slightly forward. Keep your back straight and your shoulders back.



Exercise! There are many benefits to regular exercise, including prevention of back pain by keeping your back, and core muscles strong. Always talk to your doctor before trying new exercises.



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