Watch your Back!

Think Back look after yourself
Think Back when working
Think Back when lifting
Try not to sit too long in one position.

Think *Back* when lifting, carrying or during activity.

Split big loads into smaller loads.

Try to work at a height suitable for you.

Sit up straight in your seat.
Think **Back** look after yourself

- Stand tall keeping the curves in your spine
- Try to keep your weight down
- Sleep on a firm mattress
- A lot to move? Have a break
- Turn your body try not to twist
These exercises

There are three exercises that can help loosen your spine. They should be done gently - stop if there is any pain or discomfort.

- Lie face down on the floor, lift your head and shoulders by pushing up with your arms.
- Your back should become hollowed and your tummy and hips should remain in contact with the floor.
- Hold the position for 5-10 seconds then relax.
- Repeat 10 times or more if comfortable.
- This is NOT a press up.

Back Extension

Before any physical activity programme is
can be done daily

Spine Mobility
- Stand with your feet hip distance apart, knees slightly bent. Bottom tucked under. Shoulders up and back.
- Place hands on your shoulders
- Keep hips to the front
- Turn the whole of the upper body to your left, return to the middle and then to the right
- Only go as far as is comfortable
- Repeat 6 times

Side Bends
- Stand with your feet hip distance apart, knees slightly bent. Bottom tucked under. Shoulders up and back.
- From the waist slowly slide your left hand down to your left knee
- Return to the middle
- Repeat right hand to right knee
- Only go as far as is comfortable
- Keep your body upright (imagine standing between two sheets of glass)

This advice is designed to prevent Back pain, if you experience ongoing Back pain please consult your GP or physiotherapist

undertaken, advice from your doctor should be sought
When faced with something to move - check out

Do I really need to move this? □

Are my muscles strong and warmed up? □

Is there a piece of equipment to use or someone else to help me? □

Do I feel well and fresh? □

Is it too heavy or likely to move unexpectedly? □

Are my clothes loose enough, Can I move without being restricted? □

If I need to reach up high or put it on the floor, then I'll need a halfway house. □

Am I wearing flat, well fitting shoes? □

Is my route clear of obstacles, pets, shoes? □
Hold your head up
Hold the object close
Pull in your stomach
Use your leg muscles
Stand with feet apart

THE BACKBONE OF LIFTING