

A FIVE STEP GUIDE TO SAFE LIFTING



Get a firm footing, with your feet apart for a stable stance. Stand close to load. Squat (don't bend waist). Take a deep breath and tighten stomach muscles to help support your back under load.

Lift with your legs—they're a lot stronger than your back. Bring your back to the vertical position.



Hold load close to your body; puts less strain on your back.



If you must turn, turn with your feet, not by twisting your back.

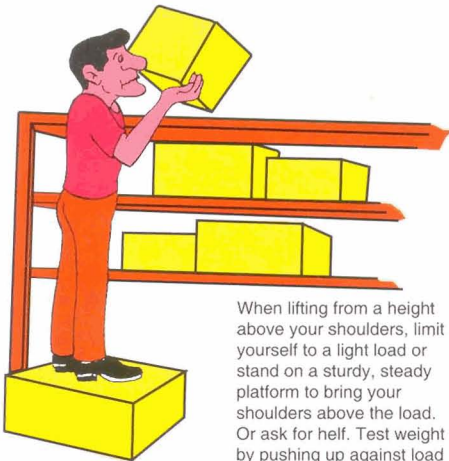


Set the load down again by squatting, not by bending your back. Keep your fingers out from under the load!



DO'S FOR A HEALTHY BACK

SOLVING 'WEIGHTY PROBLEMS SAFELY



When lifting from a height above your shoulders, limit yourself to a light load or stand on a sturdy, steady platform to bring your shoulders above the load. Or ask for help. Test weight by pushing up against load before picking it up.

How to develop flexibility?

① Knee to chest exercise



Lie on floor, both knees bent. Grasp right leg below knee, pull towards right shoulder. Hold for a count of 5. Repeat 3 times. Alternate legs.

② Ham string stretch

Lie on floor with knees bent. Bring right knee towards chest, then straighten leg towards ceiling until knee is locked. Count to 6, then slowly lower leg to floor keeping knees straight. Bring right knee back to starting position. Repeat with left leg. Alternate legs. 5 times each.



How to Build Strength?

① Half sit up



Lie on back, knees slightly bent. Criss-cross arms on chest, slowly lifting head and shoulders off floor to 45° angle. Count to 6 and slowly lower. Repeat 10 times.

② Pelvic tilt



Lie on floor with knees bent. Squeeze buttocks together. Pull in abdomen tilting pelvis upward, and try to flatten lower back to floor. Hold for a count of 5. Repeat 5 times.

How to relieve pain?



① At work

Sit with head and back straight. Raise both shoulders to ears. Hold and count to 5. Raise both arms upwards towards the ceiling. Hold and count to 5. Repeat 3 times.

② At Home

Lie on a rug or padded floor. Support neck with a small pillow or rolled up towel. Place another pillow under knees. Keep hips tilted back and back against the floor. Hold this position for 5-10 min.



CALL A DOCTOR WHEN:

- backache doesn't clear up in 72 hours.
- backaches occur with increasing severity or frequency.
- pain radiates down arm or leg.
- there's numbness or tingling in arm or leg.
- you have more than two severe attacks in a year.
- you develop a backache with fever, urinary problems or genital symptoms.

BEFORE STARTING AN EXERCISE PROGRAM, BE SURE TO CONSULT YOUR DOCTOR.

PULL

Healthy Back Tips

Ex & diet

Never exercise if you are experiencing back pain. To reduce strain on lower back, build up leg and abdominal muscles and keep off excess weight.



Shopping & Traveling

Carry two equal weight packages or suitcases to prevent uneven stress of back muscles. Whenever possible, pull parcels on rollers.



Driving :-

Move car seat forward and sit with knees higher than hips. A small pillow behind lower back provides added support.



Sleeping -

Avoid sleeping on stomach. Curl up on your side with a pillow between the knees or on your back with a pillow under the knees. Stay away from soft, sagging mattresses.



walking



standing

Maintain erect posture, making sure not to bend forward. Avoid high heels. If handbag or satchel straps don't cross body, use alternate shoulders.

standing



Stand straight, chin tucked in, pelvis forward. If standing for prolonged periods, place one foot on a low stool, changing feet every so often.

Sitting



Keep knees slightly higher than hips by placing feet on a low stool (3.5" high). Rest lower back against a firm backrest or pillow.