

Give your back a break.



Pay attention to posture.

Try these common sense tips.

- When standing, rest one foot on a stool or small box, and while sitting, choose a chair that supports your back.
- Lift the right way by letting your legs do the work, keeping objects close to your body and asking for help if a load is too heavy.
- Reorganize your work to eliminate high-risk, repetitive movements.
- Avoid tripping by wearing low-heeled shoes with non-slip soles and remove anything from your workspace that might cause you to trip.
- Minimize stress and relax your muscles.

Take a break and log on to www.bcbstx.com for more healthy back information from Blue Access[®] for Members.



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Source: National Institutes of Health

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