

# Be kind to your spine



## There are ways to avoid a back injury

### Reaching for high places can strain your back

- Reach only as high as your shoulders
- Use a stool or stepladder if you need to get closer to the load

### Lifting is one of the most common causes of back injuries

- Keep your head up
- Get a firm footing and assume a wide stance with your hips above knee level
- Tighten your abdominal muscles to support your back
- Lift with your legs
- Keep the load close to your body

Visit Blue Access<sup>®</sup> for Members at [www.bcbstx.com/hs](http://www.bcbstx.com/hs) for more information about preventing back pain and injury.

These tips are intended as general information only. Please consult your doctor for specific medical advice.

At one time or another, eight out of 10 Americans will be incapacitated with back pain — unable to work or enjoy life.



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