

Help prevent back injury.



Don't get bent out of shape.

If you're bent on maintaining a healthier back, following these common sense work habits can help keep injury away.

- When sitting, keep your upper back and neck comfortably straight with your back firmly against the chair.
- Make sure your chair is right for you—adjust the height, tilt, armrests and backrest.
- Take a 30 second timeout every 15 minutes or so to stretch, move or relax.
- Try standing up when you answer the phone, to stretch and change positions.
- Limit the time you spend carrying heavy briefcases, purses and bags.
- Consider increasing the amount of exercise you get to help improve your physical condition.



**BlueCross BlueShield
of Texas**



TRS-ActiveCare

TEACHER RETIREMENT SYSTEM OF TEXAS

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